

3 Foolproof Ways to Get Your Child to



Listen to You

*A Free Parenting Guide for you and your family
by Erin Brown Conroy, M.A.*

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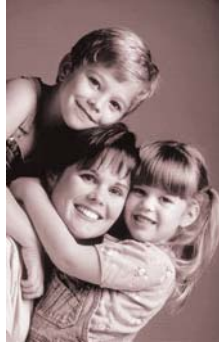
As parents, one of our biggest desires is for our sons and daughters to understand our thoughts, ideas, and wishes – and then act on them. Whether at home or in public, we want our children to listen – yes, truly listen to us.

But let's face it: There are many times when that just doesn't happen. I hear this from parents all over the world who say their child "isn't listening when I talk to them." When it comes to our child really hearing us – and acting on our words – somehow, there's a gap in communication. We say the words, but between the words and the hearing, the message just doesn't seem to get through. When we "miss the connection," it's frustrating. When our child "doesn't listen," and we have to repeat ourselves over and over, life is *anything* but happy!

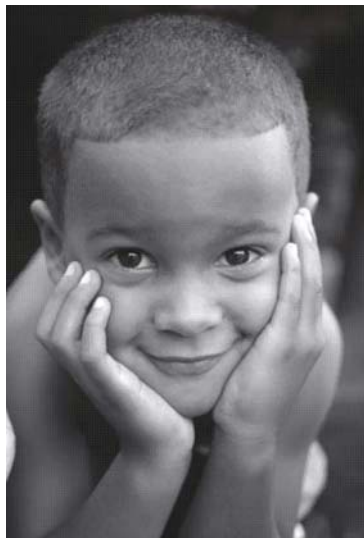
Well, here are three *foolproof* ways to get your child to listen to you. And I do mean *foolproof*. If you consistently use these three methods of connection with your child, I absolutely guarantee that your child will listen to you more – *and do what you say*. You'll be able to connect, to understand each other, and move forward in the *same direction: together*.

Each of the following three ways to connect with your child are "Secrets" from the book ***20 Secrets to Success with Your Child – a book I've created for you with the top 20 things that will make parenting easier and more enjoyable***. As a Mom of 13 children ranging in age from 4 to 23 (as well as a child and family professional), I absolutely guarantee this book will change your life.

So enjoy this parenting guide. Try out these "secrets" – and see for yourself how this practical advice and counsel transforms your family. Parenting *can* be full of joy and success – and here are the first three ways to make it happen.



The First Secret: “Name, Eyes, and then Talk”



Here’s the first “secret” – the first practical tip – to make sure your child *really hears what you say*. Are you ready? It’s simple. Here it is – Always begin communicating with your child by following the same three steps: Say your child’s name, make eye contact with your child, and *then* talk.

That’s it. We *must* have our child’s attention in order to connect with his or her mind. The first step that’s absolutely necessary to connection isn’t complicated; we just need to get into the habit of following the same three steps each and every time.

Say your child’s name. Wait for your child’s **full, sustained eye contact**. If eye contact doesn’t happen, then go to your child. Gently and with love, take his or her face in your hands, say your child’s name again, and place yourself directly in your child’s line of vision. If your child looks away from your eyes, simply say,

“Please look at my eyes.” When your child’s eyes meet yours, sincerely give your child a smile and positive facial expression. **Then talk.**

If your child is older, place yourself in front of your child. In love, put your arm around your teen or touch your pre-teen’s shoulder. Lift your eyebrows and calmly but purposefully put a smile in your eyes (don’t fake it – they can spot a fake faster than you can say “Yeah, right!”). You might also say, “Please look at my eyes.” As the parent, YOU make the effort to get and maintain eye contact.

It’s vital that you maintain eye contact. If the child “breaks away” from your eye contact, stop what you’re saying. Gently get that eye contact flowing back and forth between the two of you again, and continue to say what you have to say *only* when your son’s or daughter’s eye contact is steady.

The Role of Touch

Especially for a younger child, gently touching your child’s face can be very helpful in getting him or her to connect with your words. If done correctly, touching the face can be a natural, non-threatening way to emphasize words that are important to be heard.

Some children might be sensitive to touch or may even shrink away from your touch. If you want to smooth out a child’s over-sensitivity to physical contact, you can create a more positive response by “practicing” gentle caresses of your child’s face while saying positive words at the same time. If you gently touch your child’s face while speaking to his or her as an infant, the movement will be casual yet meaningful from the very beginning of your lives together. Gentle touches can create that added “help” in conveying something of importance.

When a child gets beyond elementary school age, it’s often culturally not “cool” to sustain eye contact, especially with an adult. Just about every parent I spend time with in coaching who has a pre-teen or teen says that it’s amazing how eye contact just “leaves the picture” at these ages. What’s wonderful is when that parent finds out that they’re not alone; all of us face the task of regaining eye contact with our older child. After talking through issues about her 14 year old daughter and finding some concrete solutions that included getting and keeping good eye contact, one mom in particular said it well: “It feels so good to know that this is “normal” and I’m not going crazy! I’m relieved that we’re back to good eye contact after so many months of her not looking directly at me.”

My oldest daughter had a poster on the wall of her room for many years that said in bold, white letters, “What is popular is not always right.” Eye contact is a very right and good thing – whether a child is two, twelve, or going on twenty.

Hold your older kids to the standard too. Again, if your older child doesn't respond when you call his or her name, saying the phrase "please look at me" usually gets their eyes up. If it doesn't, calmly walk up to your older son or daughter and put yourself in their line of vision. If your son or daughter knows anything about eye contact, that simple motion will usually get the point across. Don't accept anything less than straight-on eye contact. It's important. All through life, the benefits of maintaining eye contact are well worth it.

Using "Name, Eyes, and then Talk" teaches your son or daughter to respond right away in a listening mode with his or her eyes. Think about it: The eyes and eye contact is a vital part of clear communication within our society and in many places throughout the world. Eye contact conveys a number of great things to the person who is speaking, including interest, attentiveness, respect, and trust. Not only that, teachers, job recruiters, bosses, and, yes, husbands and wives will tell you that eye contact is *essential* for success in school, job, and adult interaction in general. Teaching our children the valuable skill of eye contact is not a luxury; it's a *necessity*.

If you want your child to listen to you and truly *hear* what you're saying, then consistently use "Name, Eyes, and then Talk." All communication and connection begins with focusing our eyes and attention on each other, right from the start.



The Second Secret: “Say It Once and Go”



What’s it About?

“Say it once and Go” has to do with making requests and giving directions to a child. It’s about having your child listen to you and *understand* you – and (here’s the most important part), at the end, *act* on what you asked them to do.

Again, the secret to making this happen is simple: When asking a child to do something, say it once. Only once. If your child doesn’t respond to what you say, then go to your child.

Yes, you read that right. Ask only once. Then quietly, gently, and with love, move your child into what you want him or her to do. Say it once and go. Go beyond words to action.

A Story

“I need some ideas.” These words came from a mom who’s a really sharp business woman. She’s intelligent, caring, and responsive to her family. She’s really in tune with her child. In fact, she’s so in tune, she recognized that there was something negative happening with her child that she needed new ideas for – new answers to a problem that kept coming up in her home. She knew that asking for ideas was a smart thing to do that would help her out tremendously.

She went on to say, “Every morning’s the same thing. We’re always late getting out the door, and it’s because my daughter just won’t do what I say.”

I listened intently and said, “Tell me some more about what’s happening.” In order to find answers that worked for this mom, I needed more details. “Let’s take this morning. Tell me exactly how it went.”

“I clearly told my six year old daughter that I wanted her to get her shoes and coat on. When I returned three minutes later, there she was – just playing, with no shoes and coat on. And I *know* she can get her shoes and coat on in three minutes! This happens all the time.”

“Where were you when you asked your daughter to get her shoes and coat on?” I asked.

“I was just around the corner, in the bathroom, finishing putting on my makeup.” We talked a few minutes more together, and it was clear that this mom had called out to her request from a different room (even though it was only a few feet away). In fact, this mom often “called out” her requests to her daughter. You know what I mean: It’s when you “toss out” your words towards your child when walking by, or when you’re in another room.

Hmmm. There’s the first simple thing to fix: This mom needed to use the first secret: “Name, Eyes, and then Talk.” So we talked about being in the same room, getting eye contact, and then speaking clearly about what the mom wanted. Great. We had a simple action step to try.

The next time we spoke, the mom said, “OK – I said my daughter’s name, she looked at me, and then I told her what to do. But a minute later, I peeked around the corner again, and there she was, sitting! She hadn’t moved an inch!”

We need to use “Secret Number Two.” Now is the time to “Say it Once and Go.” Let me explain.

You’re the Key

The simple secret to teaching your child to respond lies within *you*. When it comes to your child’s actions and responses, it all has to do with *what you do*, right after you speak to your child. If you want your child to respond to what you say, you must say your request once, and then go. Every time. This kind of speaking-then-immediate-action thing takes an ability to put yourself and your desires aside to follow through immediately with *going* to your child, for your child’s sake.

First, **state the request**. Be clear and straightforward when stating what action you’d like your child to take.

Say it like this:

- “Alberto, please sit down with us at the table now.”
- “Sabrina, please bring me the book.”
- “Annie, please keep the blocks on the floor don’t throw them at your brother.”

It would be nice if we could stop right there with a son or daughter sweetly and obediently doing what we’ve asked them to do. After all, our requests aren’t really that hard to follow, right? It would seem that way to us, but we’re dealing with the young mind. And the young mind has an inner sibling called “Will” (better known as self-will) that won’t keep his hands to himself.

Say it Once and Go. **GO!**

- ◆ “But I’m working with Peter right now!” GO! Peter can wait.
- ◆ “But I’m up to my elbows in doing the dishes right now!” GO! The dishes can wait. Connecting with your child and helping him or her learn to respond right away (and positively!) is more important than washing the dishes or stacking the dishwasher.
- ◆ “But I have Tatiana on my lap!” GO! Put Tatiana down. Or take Tatiana with you.
- ◆ “But I’m talking on an important telephone call right now!” GO! Nine times out of ten, we can ask the caller to hold for a moment. Better yet, call them back in a few minutes. There isn’t a need to tell the caller what’s happening, and the person on the other end of the line will *probably* be able to wait that moment that you need. You are attending to important family business.

GO! It may not be convenient. It *probably* won’t be convenient. But I guarantee you, if you get in the habit of just *going*, **your child will learn to respond right away.** He’ll quickly learn that if he doesn’t respond when asked, he’ll have to deal with mom or dad’s action toward him. She’ll know that if she doesn’t listen, she’ll end up doing whatever mom asks anyway, by being put there. Nicely, matter-of-factly, and without anger.

“The *rest* of the story...”

Let’s get back to our mom in the story earlier. The next time this mom asked her daughter to get her shoes and coat on, it went like this:

The mom left the bathroom. She went up to her where her daughter was sitting. Then she crouched down so that she was on the same level as her daughter's face, gently spoke her daughter's name, waited for the eye contact, and then simply stated her request: "Honey, I want you to get your shoes and coat on. I'm going to go back to the bathroom and finish getting ready. When I come back in three minutes, I'd like to see your shoes and coat on. Alright?" She spoke with love and gentleness, keeping eye contact the whole time. Her daughter said, "OK Mom," and then the mom went back to the bathroom.

Just about 15 seconds later, the mom peeked out and saw that the daughter still sat playing (as always). So, without anger, this mom calmly went to her daughter, picked up a shoe, crouched down again, and said, "Now is the time to get your shoe on. Please start now." Her daughter looked at mom, said, "OK," and lo and behold, the shoes (and coat) went on as mom returned to the bathroom.

You see, this little six year old girl wasn't being malicious or purposefully naughty. She was easily distracted, and along with that, mom had never really "held to the line" and enforced prompt responding – doing what was asked right away. Within a few days, this little girl became much more prompt in following through with mom's requests.

Is it always this easy? No. Sometimes it takes dozens of times of "saying it once and going" to your child. The younger the child, or the more "independently willed" the child, the more times it may take. But sooner or later, this child will realize that your requests are meant to be followed. Simply. Without "distress" or anger on the parent's part.

Without Anger

Not responding in anger is *extremely important*. I just can't say this enough. Anger will make the whole thing backfire. In order to have this secret work for you, you absolutely *must* respond matter-of-factly to your child's lack of response or refusal to your request. Move promptly and pleasantly – or at least unemotionally – toward your child. Don't give yourself the time or reason to get angry. Just act on the child's first response.

One reason this secret works so well is that children generally *like* to go and do *by themselves*. Children don't necessarily like being moved. When your child knows the outcome will be the exact same, each and every time (he or she'll have to move/go/do anyway), then your child learns to "obey" matter-of-factly.

The outcome of "Say it Once and Go" is that your child absolutely WILL respond faster, in time. "Say it once and Go!" Be consistent. Do you want the results of a son or daughter that responds well, with less emotional and physical effort on your part? This is how to make it happen. Our children *can* and *will* learn to respond right away. But we have to get off our backsides and move positively toward our children *first*. When they know we move, they move.

The Third Secret: “Clearly Define Expectations and Consequences”



Connecting with a Clear Signal

If we want to connect with our child’s mind, our signals have to be clear. Right from the start, we need a clear connection with our words. And we need to keep that connection strong. It can’t fizzle or fade. Secret Number Three makes our communication with our child clear, strong, and effective.

I’ve enjoyed working directly with babies, toddlers, preschoolers, elementary aged kids, pre-teens, and teens over more than 30 years now. But there’s something that concerns me. Over and over, I see, hear, and experience children and youth who don’t really, truly, and clearly understand what their moms and dads expect of them.

I’ve spoken to parents all over the world, and I speak to moms and dads daily as a Parent Coach. I love talking together with moms and dads – in groups *and* one-on-one. We share ideas, information, and life experiences. We grow. We change – for the better. Most of all, we share *life changing knowledge that propels our families forward into happier, more enjoyable daily living.*

When we meet together as parents who care, we take tremendous leaps forward. We learn tried-and-true methods – and truths – that absolutely *work great* for raising our children.

But there’s a concern I have here, too. I often see, hear, and experience moms and dads who, for some reason or another, aren’t clearly communicating to their

children the consequences that will happen when their child acts positively or negatively. Moms and dads all over the world – young and old, rich and poor, with one child or eight – many are missing the step of communicating to their child the positive and negative outcomes of his or her behavior. And what we get is this: frustrated parents and undisciplined kids.

There's no doubt about it: When it comes to our child, we need to learn *great communication skills*. And when we talk about “great communication,” here's a “bottom line” that you don't want to miss:

*Communication with our child has to be “hooked into” **motivation** that comes from the child **through a decision the child makes**, once he or she understands the “**outcomes**” or “**consequences**” of behavior.*

“Communication 101”

Here's How to define expectations and consequences – simply and clearly.

Clearly state what you'd like your child to do. Then clearly let your child know what will happen – both if he or she **does and doesn't** do what you've asked. No static or fuzzy talk is allowed if you want to successfully connect with your child's mind.

Let's start with our words. It's important for us to speak clearly and simply to our children. Often we moms and dads are much too “wordy.” We “blah blah blah” a string of words that sound like bees buzzing in our child's ear, and our child tunes us out.

Especially when it comes to our young child, we need to send a clean and strong signal. Simply state what we want in two or three words.

- “Please walk.”
- “Please pick up the books.”
- “Please use kind words.”

Sometimes we can stop right there. Your child may not need any other information or incentive to do what you've asked of them.

But children often respond more decidedly when they understand the consequences of their behavior.

Consequences

If the children in your life are like mine, a few more words with *incentive* or *consequence* may need to follow to give more “oomph” to the request. Call it

encouragement. Call it motivation. I call it helping to connect with your child's mind. Stating a clear result or outcome keeps a parent's expectations clearly defined.

Obviously, the older the child the more words you can use. A two-year-old understands us clearly when told, "Brad, walking feet!" Usually a four-year-old comprehends and interprets the meaning of a few more words with consequences. Each child is different, and you know your child best. But, generally, the fewer the words the better!

There are both positive and negative consequences to every behavior.

For a two-year-old, requests could be:

- "Walk please. Let's be safe and walk. Running inside gets a time-out. Please walk."
- "Books up, please. Then we read a story. Books down, then no story. OK. Let's put books up now."
- Please use kind words. Use kind words, then you play. No kind words, then we don't play.

A four- to six-year-old may have the same requests put in these words, stated briefly and pleasantly, as in stating a basic fact:

- "Please walk inside. If you walk inside, everyone will be safe. If you run inside, others may get hurt, and you will sit in a time-out to help you remember to walk inside."
- "Please pick up the books. If you pick up the books, we'll have time to read a story together. If you don't pick up the books, I won't have the time to read you the story before we go."
- "Please use kind words. If you use kind words, your friends will like to be near you, and you can continue to play with them. If you don't use kind words, you'll have to stand near me for a minute while the others play together. When you agree with me to use kind words, I'll allow you to join the others again."

Sometimes we forget that our older children and young adults continue to need clear communication with respect to what's asked of them. Even up into adulthood, clearly defined expectations and consequences are necessary.

Using just a few words, here are some examples of clear, concise communication with a young adult child:

- “Please clean your room now.”
- “Please pick up the back yard.”
- “Please turn off the Nintendo®.”

Notice I didn’t say:

- “Clean up your room – *now!* Your room is always so messy! Didn’t I ask you to clean up your room yesterday? I don’t understand why you don’t listen to me. You will stay in this room until it’s absolutely spotless!”
- “Didn’t you pick up the backyard yet? You left those things out yesterday, and I told you to put them away when you were finished with them. I wish you’d learn to do what I ask. Get out there and do what I’ve asked of you, or you won’t be able to watch TV for a month!”
- “Are you playing Nintendo® AGAIN? You spend way too many hours in front of Nintendo®. You know, that thing has made you late so many times, and now it’s going to make me late too. You’d better turn that thing off right away, or I’ll sell it in a garage sale!”

As opposed to these wordy threats of punishment, tell your child what the consequences *will be* – based on his or her behavior.

As a calm lake reflects the images and colors of the trees and sky that it meets, let your words calmly reflect the honest outcome of reality. Describe for your son or daughter what will happen in a way that taps into their inner motivations. Let the end result be the motivation for your child to accomplish things for personal satisfaction and personal encouragement, through personal choice.

Consequences are actions that will happen, based on the child’s behavior.

Some consequences are:

- “If you clean your room in time, you will be able to go to the basketball game. I’d like you to have time to go to the game.”
- “If you pick up the backyard, we’ll be able to swim in the pool sooner. I’d like you to have more time swimming in the pool.”
- “We’d like to arrive at the party on time. If you turn off the Nintendo®, we’ll be there on time. If not, I will be asking you to apologize to Grandma for arriving late.”

Your child's choice has a consequence. The consequence is based in reality. Reality is what will happen according to your child's choice. As psychologist Dr. Kevin Leman states, a consequence isn't a reward that says your child is "good" for doing something. A consequence isn't "punishment" for a child being "bad." These kinds of statements only "program the child to believe he is loved *because* he does [or doesn't do] certain things." (*Making Children Mind Without Losing Yours*, p. 53)

In "real life," 99.9% of what we do has a consequence – a natural outcome that can be positive or negative. We want our children to take responsibility for the choices that they make. Begin teaching the healthy concept of choices and consequences at an early age. Clearly define expectations and consequences for your child.

Wrap it All Up with Love and Consistency



Loving touch and words have an energy of their own that sparkles with a magnificent dynamic. **To be effective, these three secrets – these foolproof ways to get your child to listen to you – must be wrapped up in love.**

How do we show love to our child? As a benchmark for millions worldwide today, the Bible defines love as outward action. The action words for love that are listed in the First book of Corinthians, Chapter 13, in the New Testament, are many:

- ◆ patience
- ◆ kindness
- ◆ lack of envy
- ◆ humble – and not boastful or proud

- ◆ respectful – and not rude
- ◆ desiring to give to others (as opposed to being self-seeking)
- ◆ not easily angered
- ◆ keeping no record of wrongs
- ◆ delighting in good things
- ◆ rejoicing in the truth
- ◆ protecting
- ◆ trusting
- ◆ hoping for the positive
- ◆ and hanging in there, persevering through tough times

This list is the *action-based* definition of love. Love is a verb. And all of the action words listed above exist as ***behaviors that are conveyed by touch and words.***

Children absolutely need loving touch. There are a number of distinguished published studies regarding orphaned children and what happens to a child when he or she doesn't receive loving touch and words. These studies prove that children need open, appropriate, unbridled physical love and words. If a child doesn't receive these things, he or she withers and atrophies, not only in emotional development, but also in brain and physical development.

What if You're Not Comfortable with "Loving Touch"?

Were you raised in a home with loving touch and words? If you weren't, you may have difficulty with showing tenderness or other outward displays of love toward your child. Our upbringing affects how we act toward our children.

If you didn't have a family where openly expressing love was a normal thing to do, it's not too late to learn now. Recognize your lack of "experience" or "training" when it comes to showing love to your children. Do something about it. Find a person who can be a positive role model to you. Spend time with them. Watch them. Copy them. Let them show you what appropriate touch is like. Then begin to reach out to your child with a back rub, a hug, or a time of holding tenderly. With practice, what is awkward at first becomes natural and meaningful – over time.

Loving words are powerful tools of sincerity and meaning. Loving words let your child know that you love him or her – and that you fully believe in them.

There are thousands of ways to verbally convey love and care for your child – words like, "I'm so glad that you're my child!" or "I like the way that you did that." Try, "I like to be with you" or "I appreciate you." Loving words help to build great things in your child's life – like trust, openness, and a desire to give to others.

Our words can act as either the rudder of a majestic ship or the spark that starts a forest fire. Our words are *powerful*.

Practice giving sincere, loving words to your son or daughter.



Finding the Root; Looking at Ourselves

What keeps you from giving love to your child? Are you wrapped up in busyness, scurrying to do this and that, while the child that needs your love waits alone in the living room watching TV? Showing your kids love through touch and words takes *time*. It takes putting aside your plans, stopping your spinning world, and going to your child's side.

Maybe you're caught in a trap of anger within yourself. Someone in your past served you an injustice and, when you think about it, your emotions can't stop swirling in a blinding snowstorm of rage. Your chest is tight even when you look at your kids, and you're unable to let go and fully express love to them because you're wrapped up in bitterness.

If this is you, tame the inner beasts. Move toward your child in love.

Are you harboring unforgiveness underneath a forced smile? Is your ability to show love held captive behind a stifling wall of self-protection? Are you pushed by a driving, forceful gale of fear of failure in your job that sucks up all of your thoughts and energy, leaving nothing for your son or daughter? If this is you, then you need to somehow get through the rough waters at the top of the ocean of your life and dive below the surface. Discover what's keeping you from showing love to your child.

Consistency is Key

If you want your child to learn to listen, it's absolutely critical that your interaction with him or her is consistent. That means using the three secrets *each and every time* you interact with your child – even when it doesn't feel comfortable! It's no secret: Successful parenting takes hard work and an incredible amount of energy. It takes commitment to doing the right thing even when it would be easier to give in or give up. But the incredible rewards – a happier home with

children who actually listen and connect with their parents – are absolutely well worth the energy.

Time for Action

So now it's time for action. That means **now that you know what to do, start doing it**. Try all this out. I'm absolutely positive that it will *make a difference* in your home.

Take action. Look directly at those challenging issues that keep coming up with your child. Don't ignore them. Do something about it. Now. So that they don't get bigger and more difficult to solve – because you waited.

If you're struggling to identify exactly what's going on with the whole situation, then tap into others' knowledge and wisdom – others who have *answers* that make life easier and more enjoyable. Call me; call someone; do *something*. Because *it can and will be better than it is today*. **There are answers and solutions to be found.**

It takes courage to say, "I want to learn more about what to do, to make my home more peaceful – and to make *me* more peaceful."

It takes strength to step forward and face the issues that keep returning to you and your child and to ask for help, ideas, and encouragement that you *know* will make things better.

It takes a certain amount of bravery to decide to make a phone call, dial, and speak and get together with someone who you *know* will help.

But know this: When you *take action*, change happens. Good change. Positive change. And what you've always wanted comes into existence.

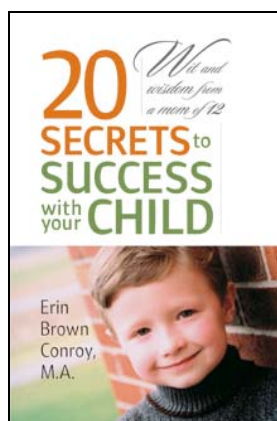
Open the door to what you can become from here, and take a step. Do it for your own sake. More importantly, do it for your child's sake. Because the best is yet to be.



Thanks for reading through this Parenting Guide. I guarantee that if you put these “secrets” into practice, you’ll get a child that *listens and responds to you – right away.*

If you’d like personal ideas and solutions to the specific issues you’re facing with your child *right now*, **Simply call me at 269-207-0397**, and we’ll set up some time together to get SPECIFIC ANSWERS so that your home can be peaceful and happy.

If you enjoyed the tips and ideas here, you can enjoy 17 more practical “secrets” that bring joy and success to your parenting. I’ve put the top 20 “secrets to parenting” and making life more enjoyable and easier than I’d wish I’d known years ago into a book called *20 Secrets to Success with Your Child*. Visit www.ErinBrownConroy.com for the book. It looks like this:



It’s a great book, full of *practical things to do* that *make a difference* in your child and family. But “don’t just take my word for it”. . . Here’s just one quote about the book from someone who works with families and has trained family educators and counselors for over 30 years:

“I’ve worked with parents and their children with disabilities for over 30 years. This reader-friendly book is insightful, delightful, and reflects an uncommon wisdom regarding effective and loving parenting.

Erin Brown Conroy clearly has a phenomenal understanding of the joys and trials associated with parenting.”

Dr. Carol Huettig, PhD
Texas Woman’s University, Dallas, Texas

As a resource for a great seminar or workshop, I’m available for speaking engagements – for parents, for public, private, or homeschooling educators, and for just about anyone that loves and wants to **connect more fully** with their child.

If you’d like me to meet and come speak with your group, you can contact me at info@erinbrownconroy.com or call **269-207-0397** in the USA.

And feel free to email me if you have any questions; I’d love to hear from you. Thank you again; God bless you and your family.

**Until then,
All my best,**

Erin

About Erin Brown Conroy, M.A.



Erin is a Mom of 13 children by birth, marriage, and adoption and author of numerous books and materials on parenting and healthy living, including *20 Secrets to Success with Your Child* (2003), *“My Kid is Driving Me Crazy” 14 Realistic Expectations that Make Parenting Easier* (2004), *40 Days to Balanced Parenting* (2004), and *Totally Fit Mom; How to be Physically Fit, Mentally Sharp, and Spiritually Connected* (2005). She’s also author of several educational books and curriculum for children and teens.

She's an expert parenting and family coach, educational consultant, speaker at events and on national radio programs regarding parenting and fitness, contributes to websites and magazines, and is frequently quoted in web and print publications, including newspapers such as *The Chicago Tribune*, *Dallas Morning News*, and *Miami Herald*.

Erin's passion is to help parents build healthy, strong families through fresh insight, tried-and-true techniques, support and encouragement, and lasting life change. She has worked with children and parents for 30 years in teaching and learning, child development and behavior, and family and interpersonal relationships.

Erin's credibility and expertise is grounded in practical daily life as parent of 13 children ranging in age from four to 23, with personal and professional experience regarding physical, emotional, and developmental challenges, adoption and attachment issues, single and step parenting questions, gifted children, ADHD, educational concerns, learning differences, and behavioral issues.

Erin received her bachelor's degree in education (1981) and master's degree in rehabilitation (1991) from Western Michigan University. Her experience crosses a wide range of environments, from classroom instruction to one-on-one special education instruction. As an expert in education and child development, Erin served on professional and parent boards since the early 80's. A speaker to audiences for over 15 years, Erin continues to enjoy meeting moms and dads at conferences and workshops all across the nation.

Along with loving her family and serving other families, Erin teaches classes as adjunct faculty for Cornerstone University in leadership, individual and group behavior, organizational development, strategic management, health and wellness, and writing. She lives with her husband, Shawn, in Michigan, along with 11 of their 13 children still at home.

You can contact Erin through www.ErinBrownConroy.com, by phone at 269-207-0397, or write Erin at PO Box 1207, Portage, Michigan, 49081, USA.