

Ep #82: An Invitation to Move Your Family from Chaos to Cooperation



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With Your Host
Lisa Smith

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Welcome to *Real World Peaceful Parenting*, a podcast for parents that are tired of yelling, threatening, and punishing their kids. Join mom and master certified parent coach Lisa Smith as she gives you actionable step-by-step strategies that'll help you transform your household from chaos to cooperation. Let's dive in.

Welcome, welcome, welcome. Welcome to today's episode. Let me ask you. What is the biggest parenting challenge in your household right now? What's the obstacle you need help getting out of your way? What's the game changer?

If you remember in January, we declared 2022 to be the year of the peaceful parent. We're not leaving anyone behind. So I want to extend an invitation to you. Yes, you. You to let me help you get your family on the track that you want to be on.

Let me ask you, does now seem like a good time to try something new, to do something different, to move further into real world peaceful parenting? Maybe you're winding the summer down. Maybe your kids are back in school or getting back to school. Maybe you've started a new job. Maybe you've added a new baby to your family, and there's a lot of chaos. There's not much cooperation or connection. Yeah?

Well if this is you and you're looking to do something new, different, to move further down the path of real world peaceful parenting, I want to personally invite you to my upcoming three day challenge that is a complete game changer for you, for your kids, for your family.

Now, if you're anything like I used to be, I imagine at times things feel very out of control in your house. For you, for your child, maybe even at times your marriage or your co-parenting relationship. Why can't my kids just

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listen, Lisa? Why can't they just do what I ask? Why are they so disrespectful? Why do they melt down all the time? Why, Lisa? Why?

Or maybe you're thinking help me, Lisa. Help me. Tell me exactly what to do to get on the path to peaceful parenting. Maybe this isn't how you thought it would be when you saw that plus sign on the pregnancy test. You so want to do it differently. Differently than you were parented. Maybe better. Maybe you want to do it more peacefully. Or gosh darn it, you'd like this to be easier and more fun. That whole thing you talk about Lisa, that connection, it eludes me. Maybe you see other families that don't seem to "be struggling", and you think what am I doing wrong?

I want you to know, I understand the struggle. I was there. I get it. I was deep in the struggle. If you hear nothing else today, please hear that you are not alone. I walked this journey with you. Yeah, I may be a few steps ahead of you, but I assure you I walked the same path. We all have parenting struggles. It's a human to human relationship.

But I want to leave you with this. Whatever the struggle looks like right now, it can be different. I promise. You can have the family you've dreamed up. You absolutely can have it. You are the only person that needs to show up to make a difference.

Now, maybe you're sick and tired of feeling like an angry parent all the time. Maybe you're sick and tired of feeling frustrated. Maybe you're sick and tired of feeling like you don't know exactly what to do. I know this struggle, and I know it's real for many of us.

But when you feel like you're doing all the work but not getting any cooperation from your kids, I mean come on. This isn't how you imagined it was going to be. Right? It's perfectly normal to wonder why can't he, she,

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they fill in the blank. Listen, stop arguing, do what I asked, stop storming, stop fighting, stop challenging me. It's perfectly normal to wonder.

Now listen, if any of this is ringing a bell with you, keep listening and know that you're in the right place. Because in the very, very, very near future we're going to talk about all these struggles and more in my upcoming Keep Calm and Parent On Challenge. This challenge lasts three days and it is 100% F-R-E-E free.

Inside this challenge I cannot wait to show you how to keep calm so you can find peace in your parenting. That is absolutely step one. We must keep calm when our kids are storming. Inside the three day challenge, I show you step by step exactly how to do this. I want you to know that it's possible. At this point, we have had thousands of parents from around the world join our three day challenge and have the exact outcome that you're looking for.

Now remember, I used to feel frustrated and angry all the time by the chaos in my home. No matter how hard I tried, I couldn't get Malcolm to listen, follow rules, or do what I demanded. Then I discovered a new approach, the real world peaceful parenting approach, and it was a total game changer almost instantly. I want this for you. Yes, you. I want it for you.

Let me say it again. Getting on the path to real world peaceful parenting was a total game changer for me, for my parenting, and for my family. The only person required to participate was me. All I need is you to participate in the upcoming three day challenge. We don't need your co-parent. We don't need your kids. I just need you to come to the challenge each day and participate. I want you to remember, you are not a bad parent. You are not broken. You just need some tools and some new ideas and some coaching to get on the path to real world peaceful parenting.

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But, and here's the fine print, you have to be ready. You have to show up, and you have to do the work to make the change. It isn't easy, but it's so worth it. I promise you. If you feel ready now, like right now, if you're open to trying something different, if you're ready to move forward, then you're in for a real treat.

As we continue to navigate one of the most stressful years for all of us, I want to help you find peace in your parenting. The very next step for you to calm the chaos is to join my free three day Keep Calm and Parent On Challenge. As I mentioned, it's free. It's happening online, and it's designed specifically for you. You can participate from anywhere in the world, and it's a minimal time commitment. I need one hour a day three times a week from you, and that is all that's required.

The three day Keep Calm and Parent On Challenge. is all about helping you understand where our anger comes from as parents. It's about helping you understand why your kids storm. It's about helping you get a handle on your frustration when parenting. It's about teaching you tips, tools, and ideas that are going to move you instantly from chaos to cooperation with your kids.

Here's how the challenge works, you're going to register by going to thepeacefulparent.com/challenge or clicking on the link in the notes below. All I need you to do is click on the link or go to thepeacefulparent.com/challenge and get yourself signed up. Once you're signed up, you're going to get daily challenge reminders, and you're going to get the workbook to accompany you during the challenge.

Now, as I mentioned, during the challenge, I am going to give you tools, tips, and coaching for how to create connection and cooperation in your own. Each day we're going to tackle a different topic. On day one, which is going to be Monday August 15th, we're going to talk about why do my kids

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storm? Why Lisa? Why? Explain it to me. Help me understand. I'm gonna go deep into helping you understand why your kids storm.

Day two, which is going to be Wednesday August 17th, we're going to cover how do I create connection? Lisa, how do I create connection even when my kids are storming or not doing what I ask? Yes, it's possible. Then after we've talked about creating the connection, on day three, which is Friday August 19th, we're going to talk about how to create cooperation. How to get maximum cooperation from your kids. I know it might feel like a long shot, but I promise you it is 100% possible. By Friday, August 19th, you're going to know exactly how to get maximum cooperation from your kids.

I'm going to go live each day of the challenge inside the Keep Calm and Parent On pop up Facebook group and over at Zoom. So if you don't have Facebook, don't worry about it. You can join me over on Zoom. If you can't make the live class, I don't want you to worry about that either. Once you're signed up, you'll receive a recording for each of the classes inside the Facebook group for a limited time.

Now one thing I know for sure is that you do not want to miss out on this free three day challenge. So I want you to either click on the link in the notes or head over to thepeacefulparent.com/challenge to get yourself signed up. I absolutely cannot wait to work with you. I'm so excited about this challenge. It's one of my absolute most favorite things we do all year.

Me and my team are going to show up each day and support you, provide you with tips, tools, ideas, and coaching, and help you completely transform how you parent your kids. At the end of the challenge you, yes you. You are going to be moving your family from chaos to cooperation. Sounds amazing, right? I know. I know. Magical things happen each time we offer this challenge. Again, I cannot wait to work with you.

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So make sure you go to thepeacefulparent.com/challenge to get yourself signed up right now. Right now today. Don't wait. Go over there and get yourself signed up. If you know another parent, grandparent, teacher, nanny, guardian, invite them to join us as well. We've got room for everyone. I always like to say the more the merrier. Okay, I'll see you soon inside the challenge. Until we meet again, I'm wishing you peaceful parenting.

Thanks for listening to *Real World Peaceful Parenting*. If you want more info on how you can transform your parenting, visit thepeacefulparent.com. See you soon.