

GUIDE TO PARENTING DECODED PODCASTS

(can be found on any podcasting site)

1	<u>Helicopter Parenting - Why? and What Impact?</u>
2	<u>Teens: Respect, Emotions and Brains</u>
3	<u>Building Resilience: Remember To Forget</u>
4	<u>Fun with Food: Toddler to Elementary Edition</u>
5	<u>Fun with Food: Teen Edition</u>
6	<u>Handling Tantrums</u>
7	<u>Nighttime Battles: Toddler to Elementary</u>
8	<u>Nighttime Battles: Teens and Tweens</u>
9	<u>Sibling Rivalry: What to Do</u>
10	<u>Punishment vs. Consequences: What's the Most Effective Discipline?</u>
11	<u>Screen Time Issues: Part 1</u>
12	<u>Screen Time Issues: Part 2</u>
13	<u>Anger Management for Parents</u>
14	<u>Chores - Why and How?</u>
15	<u>Money and Allowance: Early Childhood Edition (3-10)</u>
16	<u>Money Matters: Teen and Tween Edition</u>
17	<u>Calming the Chaos with Family Meetings</u>
18	<u>Distanced Learning During COVID</u>
19	<u>Creating Calm with Choices</u>
20	<u>Creating Calm with Boundaries and Limits</u>
21	<u>To Quit or Not to Quit</u>
22	<u>Gratitude vs. Entitlement</u>
23	<u>Gift Giving with a Glad Heart</u>
24	<u>Educational Testing Ideas and Issues</u>
25	<u>Solving Tantrums SEMINAR</u>
26	<u>Lying, Cheating and Stealing: What to do?</u>
27	<u>Anger Management for Parents SEMINAR</u>
28	<u>Understanding Anxiety</u>
29	<u>Communicating with Teens SEMINAR</u>
30	<u>Getting Kids to Listen SEMINAR</u>
31	<u>Sibling Competition - How Everyone Can Win!</u>
32	<u>Substance Use & Abuse: What to Know as a Parent</u>
33	<u>Loving Your Family Using Love Languages</u>
34	<u>Life Skills for Teens</u>
35	<u>How to Teach Kids to Apologize</u>

36	<u>Raising Complex Kids with ADHD, Anxiety, and Other Executive Function Issues</u>
37	<u>Annoying Kids and How to Handle Them</u>
38	<u>Parenting Pressure and Lazy Kids - What Healthy Pressure Looks Like</u>
39	<u>Bad Teachers and How to Deal with Them</u>
40	<u>It's Not Fair! How to Deal with Fairness</u>
41	<u>Dealing with Disrespect</u>
42	<u>Challenges with Boundaries</u>
43	<u>Siblings Who Hate Each Other: What to Do</u>
44	<u>Screen Time Struggles</u>
45	<u>Screen Addiction: Is My Child Addicted?</u>
46	<u>Unintended Consequences of Pushing for Good Grades</u>
47	<u>Manners Lesson: "Please"</u>
48	<u>Cultivating Kindness in Kids</u>
49	<u>Manners Lesson: "Thank You"</u>
50	<u>Mary's Parenting Report Card By Her Sons</u>
51	<u>When Kids Drain Your Energy</u>
52	<u>Manners Lesson: Chewing Food</u>
53	<u>Kids Who Don't Enjoy Learning: What To Do</u>
54	<u>Grandparents and Gifts: How to Tame Them</u>
55	<u>Managing Screens Using ARO</u>
56	<u>Separation Anxiety: Why? and What To Do?</u>
57	<u>Kids Who Lose or Forget Stuff</u>
58	<u>Helping Neurodivergent Kids Socialize</u>
59	<u>Body Image and How to Help Kids</u>
60	<u>Anxious Kids and What Parents Can Do to Help</u>
61	<u>Bullying: How to Help</u>