Introduction to the Nurtured Heart Approach®

- Train your mind to see the good in everything!

- Bart Traynor: “Our goal is to reach inside you, unlock your greatness, pull it out and reflect it back in ways you cannot defend against. Once you see it you can live it.”

- Improvement isn’t good enough. NHA brings about transformation: All children flourishing.
**Intensity Is Not the Enemy**

- Intensity is one’s life force, a gift to be nurtured. When children use their intensity poorly it shows as symptoms that get labeled as pathology.

- Medications give the appearance of moderating intensity.

- Conventional methods of parenting and teaching can inadvertently make the situation worse and are not a good fit for the intense child.

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**Building Inner Wealth® / Portfolio Development**

- The way we talk to our children becomes their inner voice.

- To use intensity well, kids need to be stronger on the inside.

- When inner wealth is strong, youth use their intensity toward greatness and success. That is called “Transformation.”

- Every child has a portfolio of who they think they are. The task is to create a new portfolio that is energetically aligned. Confront the youth with who they are by using any moment to point out successes. Embed what we have to say about a child’s greatness into the first-hand experience of the moment.

- First hand vs 2nd hand. The experience must match the intensity. Anything less than a first-hand experience of success falls short and won’t build that new portfolio we are all fighting for. “Here you are being successful. Not a question of whether you can or can’t, you are...(worthy of success)”

- When a youth’s intensity aligns with their inner wealth you will see amazing transformation.

- You can choose any moment to create success

- A day in the life of...
The 3 Stands™ of NHA (an introduction)

Absolutely No! ** Absolutely Yes! ** Absolutely Clear!

- Handout reference in packet

Toys-R-Us

- We are our youth’s most exciting toy!
- We are the ultimate entertainment center with the greatest features
- Youth learn they get better connection when things are going wrong and we are relatively boring when things are going right.
- Intense kids realize this “toy” (us) is much more interesting when things are going wrong and our responses to the positive pale in comparison to those for the negative.
- We inadvertently show youth they get more of us in relation to negativity.
- When do we “show up?” We always have time for a problem.
- “Upside down” energy

Stand #1: Absolutely NO!

I refuse to energize negative behavior. Rather than react with elevated energy, attention, and relationship to disruptions and outbursts that distract children from their greatness, I will strive to neutralize negative behavior through immediate, concrete, and uncharged responses consistent with the harmonious environment I am creating.
Ignoring Vs. Refusing to Energize Negativity

- We are the prize! We get to choose the quality and quantity of the energies we radiate.
- Ignoring invites kids to “up the ante” vs Refusing to energize is a very active experience of pausing the energy flow and eagerly waiting for the first moment to turn it back on again.
- It’s about relationship, not attention....how present we are, how we show up and when... connection at the right time.

Video Game Theory

- In the video game, life truly makes sense and follows logic that is very different than at home and school.
- “Right-side up” energy – games compel youth to successfulness
- Video games are clear and predictable, incentives are strong, confronting the youth with their successes in real time, and the rules are clear and predictable and always delivers a consequence
- Worst that can happen? “Game over,” and with the push of the “Reset” button, the youth is back in the game, and is inspired not to break rules again
- The structure of a video game helps kids thrive and flourish and with the right structure, kids can play life with the same enthusiasm as they do in video games
- The 3 stands in perfect balance... timing is always right and the payoffs are “right-side up”
**No Blame**

- It is not the caregivers that are the problem, just the methods that have been at our disposal.
- When you have a method that is energetically aligned, everything changes

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**Stand #2: Absolutely YES!**

I will relentlessly energize the positive. As much as possible, I will work immediately to identify, describe, and express appreciation for steps, large and small, a child takes in manifesting his or her positive choices and intrinsic greatness. I will actively initiate opportunities for children to be successful.

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**It's All About Intention**

- It's more than “catching kids being good,” it’s about creating success in any moment you choose...using stronger and specific positive words that give evidence of success and helps a youth see themselves as a kid who is great!
- Our intentions determine what we see and how we respond.

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**Baby Steps**

- Reverse engineering the high bar of high expectations
- Creating success where it wouldn't otherwise exist

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From the Nurtured Heart Approach®, by Howard Glasser – www.ChildrensSuccessFoundation.com
Toll Taker Story
- Choosing how you see things...half full or half empty
- The “Green Dot” of problem behaviors vs the vast white space
- The Awareness Test....

Making Miracles Out of Molecules
- Appreciating the moments when the problems are not happening.
- Recognizing even things that they do that you believe they “should be doing anyway.”
- Taking a small shred of greatness and blowing it up into evidence of their new portfolio
- The opposite of making a mountain out of a mole hill

NHA Recognitions
- Be truthfully appreciative, authentically acknowledging and builds inner wealth

Energizing Success Technique #1: Active Recognition
* Handout reference in packet on Recognition Techniques
- Profound noticing
Energizing Success Technique #2: Experiential Recognition

- Helps youth interpret and upgrade their experience of values and being valued
- Timing is “right-side up” ... teaches values and life skills when things are going right

Energizing Success Technique #3: Proactive Recognitions

- Not waiting till there is a problem to teach rules
- Proactively noticing rules being followed when rules are not being broken; recognizes healthy power and control

Energizing Success Technique #4: Creative Recognition

- Making clear requests that do not imply a choice, then immediately noticing what is happening in the right direction
- Eliminates options and confusion and builds a pattern of making requests that demonstrate to the youth that cooperation and complying gets more connection

Praise vs. Recognition

- Vague praise pales in comparison to the energy of negativity
- Recognitions tell the truth of the moment using detail and giving evidence that cannot get refuted
Build the Foundation First

1. No energy to negativity or positives cannot have the intended impact
2. Create “time in” that is connected and established or “time outs” cannot have the intended impact
3. Then, limit setting can be effective

Stand #3: Absolutely CLEAR!

I will maintain total clarity about rules that demonstrate fair and consistent boundaries. I will consistently enforce rules and provide immediate consequences through resetting each time a rule is broken. I will recognize the child in the moment they have reset and create that next moment as an opportunity for success.

Setting Limits with Clarity

- Set the stage...you cannot enforce limits that are not established
- Rules that start with “no” are more clear to intense youth

Why Traditional Time-Outs Fail

- NHA uses a method of time out that is effective at getting youth back online quickly (video games reset button)
- Traditional consequences fail because while delivering the consequence we are typically giving energy to negativity and we have not yet set up the new field of energy and connected relationship that is significantly strong.
Basketball Game Analogy

- Rules in a basketball game are clear, both the players and officials know them and they are non-negotiable
- No warnings, immediate, quick consequences for every broken rule
- A toe over the line is a toe over the line

Warnings

- Warnings are not compassionate
- Don’t give warnings; they keep youth off balance and uncertain if rules are to be taken seriously
- You can’t really stop anyone from breaking a rule....kids know this...trying to stop them communicates fear and downloads into the old portfolio; does not build inner wealth

Nurtured Heart Approach® Time Out: “Resets”

- The key to consequences
- In a reset, it’s not punitive, it’s an energetic shift that focuses on success and nurturing the hearts of our youth
- 3 R’s: Reset (self-regulation), Restart (welcome back with appreciation for realigning you’re your greatness, Restore (individualized natural and logical consequences if needed)
Consequences vs. Punishment

- Children do not awaken by the fear of punishment. They awaken to their greatness.

The 3 Stands™ of NHA, Working Together

- No longer anything to be gained by breaking the rules
- The big responses are now only for the positives
- Breaking a rule now only gets a true consequence, not a payoff

ADDITIONAL NOTES: