



# The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family

By Jody Johnston Pawel LSW

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EVER WISH CHILDREN CAME WITH INSTRUCTIONS? NOW THEY DO!

This winner of "The National Parenting Center's Seal of Approval" is teeming with the best of the best--more than 100 highly practical parenting skills in an easy-to-use format.

THIS ONE-STOP RESOURCE SAVES YOU TIME, MONEY AND FRUSTRATION

No longer do you need to spend hours reading dozens of resources to find the skills and solutions you seek. This author has done the research for you! She spent over ten years researching hundreds of resources to put the best parenting advice at your fingertips. There are new ideas you've never heard and techniques that have worked for generations. Gone is the inaccurate, unhelpful, confusing and contradictory advice that detours your progress. Seven years of field testing by thousands of parents from all walks of life and family-service professionals resulted in statistically significant improvements in parenting skills. From toddlers to teens and beyond--these are solutions that work, every day, at home, at day care and in the classroom--and they will work for you, too!

PARENTAL LOVE MAY COME NATURALLY,  
BUT EFFECTIVE PARENTING SKILLS ARE LEARNED.

"The Parent's Toolshop" is like a self-paced workshop, taught by a parenting expert, in the comfort of your own home. Step by step, you'll learn how to build a healthy family by using the special language and action toolsets of effective parenting: ~Learn what styles of parenting you have, what it reveals about your personality--and the problems you can avoid by adopting a "balanced" approach. ~Build self-esteem without ego-esteem or creating "praise junkies." ~Get your children to cooperate--the first time you ask--using simple positive requests. ~Teach your children how to be independent AND responsible. ~Open the lines of communication and teach children how to solve their OWN problems by learning "F-A-X Listening." ~Avoid lectures and children with rolling eyes or deaf ears by setting limits or expressing concerns in one sentence, one word or no words! ~Develop individualized anger and stress management plans for you

AND each child. ~Learn what is age-appropriate behavior and how to keep it from turning into intentional misbehavior. ~Understand the purpose behind deliberate misbehavior and how to break the cycles of attention-seeking behavior, power struggles and revenge. ~Use discipline to teach children how to be self-disciplined-without being "the bad guy"! ~Hold productive family meetings that teach children valuable life skills while preventing and resolving everyday conflicts. ~Boost your confidence as a parent, without feeling you need to bend and sway to the pressures of well-meaning but unhelpful advice-givers.

**NOWHERE ELSE WILL YOU LEARN THE UNIQUE "UNIVERSAL BLUEPRINT" PROBLEM-SOLVING SYSTEM.**

You'll learn how to ask yourself three simple questions...to find your OWN ideal solution to ANY parenting challenge, including: sibling squabbles, allowances, morning delays, homework, picky eaters, power struggles, messy rooms, dating, temper tantrums, bullies, chores, driving, bedtime hassles, lying, sassy smart-mouthed kids, curfew, friendship fallouts, A.D.H.D. ...and more!

**COMPREHENSIVE YET EASY TO READ, "THE PARENT'S TOOLSHOP" ENLIGHTENS, INFORMS AND ENTERTAINS**

You'll feel like the author is sitting next to you on your couch, explaining even complicated concepts in simple terms. When you need to SEE an idea, look at the simple visual graphics that crystalize concepts in your mind. Hear real-life stories from the author and other parents' lives that will make you laugh, cry . . . and think. You'll learn exactly what to say and do as the author applies the skills to the most common challenges parents face. You'll even get a chance to practice what you've learned so you remember and use it to your full potential. Once you finish reading The Parent's Toolshop, you'll find yourself referring to it again and again for quick problem solving. If you have a specific challenge, refer to the cross-referenced index of over 1,000 entries to find the hints and suggestions you need for a speedy and effective solution. When a crisis hits, simply open the back cover, where you'll find key tools from the entire book summarized ON ONE PAGE.

**ANY PARENT OR FAMILY-SERVICE PROFESSIONAL WILL BENEFIT FROM THE PRACTICAL SKILLS AND PROFOUND REVELATIONS IN THE PARENT'S TOOLSHOP.**

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### **Editorial Review**

#### Review

"The Parent's Toolshop is my parenting Bible!" -- *Cynthia White, mother of three children*

"This book is dynamite! It is packed with tons of practical ideas." -- *Dr. Dennis O'Grady, founder of New Insights Consulting Services and author of "Taking the Fear out of Changing"*

An innovative way to choose helpful responses to almost any problem, including those in adult relationships! Most important, Pawel's advice is positive and trustworthy. I highly recommend it. -- *Jane Nelsen, Ed.D., author of Positive Discipline*

This book is dynamite! It is packed with tons of practical ideas. As a parent, I keep it by my bedside and also recommend it to the parents with whom I work. -- *Dr. Dennis O'Grady, founder of New Insights Consulting Services and author of Taking the Fear out of Changing*

Wow! This book is packed with wise and practical ideas for almost every parenting challenge you could imagine. And through it all runs Pawel's warm message of love and respect for parents and children alike. -- *Martha Farrell Erickson, Ph.D. Director of the Children, Youth & Family Consortium University of Minnesota*

#### From the Publisher

We, at Ambris Publishing, are proud of the superior quality of The Parent's Toolshop. This author has spent over fifteen years researching hundreds of parenting resources, talking with thousands of parents and family-service professionals, and field testing the teachings for almost ten years. It is rare to find authors so committed to excellence that they will make that kind of time investment.

Jody Johnston Pawel is a woman of integrity and a professional who truly excels in her field. Her rare background as the child of two parent educators, a parent educator for over twenty years, a mother, and a regular fixture in the media ideally suits Jody as a credible parenting expert. Most important, however, is Jody's commitment to parents and her a down-to-earth approach to giving advice. She is always looking for practical solutions parents can put into action immediately that will also reap positive benefits in the long-run.

We are excited about the potential The Parent's Toolshop has as a universal resource for parents - - one that is sure to last for generations. This book breaks the mold of traditional parenting books that only address one age, one topic or are just theoretical. This book truly is a one-stop resource that equals dozens of books combined. The field test results show statistically significant skill improvement from reading the book - - and follow-up studies show these results are long lasting. Pawel's "Universal Blueprint" problem-solving system is truly a ground-breaking technique that can revolutionize the field of parent education. The biggest surprise was how easily people successfully adapted this system to improve their adult relationships!

Ambris Publishing has big plans for The Parent's Toolshop; this book is just the first step. Parents are already asking for quick reference guides, audiotapes, videotapes, interactive CDs, follow up books, and special editions that apply the Universal Blueprint to non-parenting relationships, such as couples, teaching, and business.

Jody Johnston Pawel has made a heart-felt investment in the parents who will read The Parent's Toolshop.

We are making a significant investment in this book and author because we see the potential for improving the lives of parents and children throughout the world and throughout the life cycle. We hope you make an investment in *The Parent's Toolshop* by purchasing the book, considering its profound revelations and using the practical solutions it teaches.

From the Author

Being the child of two parent educators gave me a distinct advantage in life -- as a child, a teen, a parent, and a parent educator.

I have always had a trusting, open, mutually respectful relationship with my parents. They taught me important life skills that helped me avoid common problems many teens have. I was not, however, a perfect child; I had personality traits that gave my parents ample opportunities to practice the skills they taught in their parenting classes. Unfortunately, having wonderful parents does not guarantee a happy childhood. I saw my parents use these same effective skills with my older brother, who experienced some horrendous traumas as a child. (I tell that story in the introduction of my book.) I saw the impact effective parenting skills can have in speeding the healing process. Our family's experiences proved to me that no problem is insurmountable and it is never too late to resolve a problem.

Learning effective parenting, relationship, and communication skills as my "first language," which helped me as a young wife and mother. I have had fewer bad habits to unlearn and relearn than most parents. Nevertheless, it still sometimes takes a conscious effort to use these effective skills, especially when I'm angry or my personality quirks try to interfere. When problems arise, I often see immediate results from using the skills I teach. With more difficult problems, I have to stick with my plan long enough to see the positive effects. I don't have perfect children but people, even strangers, often compliment their behavior. I encounter fewer problems than most parents because I'm experiencing the long-term benefits of using the skills with my children. When problems do arise, I know we can work out a solution, because we have a plan that consistently works.

As a licensed social worker and parent educator, I learn as much from the parents I teach as they learn from me. As I listen closely to what parents say, I find new ways to present complicated information and practical applications for the skills. During my early years as a parent educator, I listened to parents' frustrations with some parenting resources and their wishes for the "ideal" parenting book. I kept waiting for a parenting expert to write the book other parents and I were waiting for. Finally, opportunity and timing presented themselves after I'd developed my own expertise. I decided that if I wanted a comprehensive, practical, reliable parenting resource for my own parenting classes, I'd have to write it myself.

As I researched and compiled skills, ideas, and stories, my mind had to organize all I was learning. That was the beginning of the Universal Blueprint. I organized the parenting tools according to their purpose, just as a builder organizes tools into carpentry and plumbing toolsets. I found that certain parenting tools build on other tools, so I was careful to teach the skills in a particular order. To my amazement, I found that the tools were significantly more effective if parents also used the skills in this order. As I refined the Universal Blueprint, I saw patterns emerging. I devised easy ways to remember the toolsets and steps. During the seven years of field tests, parents experimented with the skills, using them in all their relationships, at home and at work, with children and with adults. Together, we discovered that with slight modifications the skills were effective in improving any human relationship, not just parent/child relationships.

Every parent who attended my parenting class showed significant statistical improvement in their parenting skills, regardless of their demographic background. I taught classes in the inner city, the suburbs, to court-ordered parents, new immigrants, and in every other setting imaginable. The demand for my classes was quickly becoming more than I could handle. Parents wanted extra copies of my handouts and book drafts to send to friends and relatives. I wanted every parent to have the chance to learn about the Universal Blueprint and its skills, if they wanted to. The best way to do this, I thought, was to publish my book and make it

available to everyone who might be interested. I wrote it so parents could learn the skills without taking a class, but also train "Tour Guides" (parent educators) to reach parents who want to discuss the skills in a group.

I wrote The Parent's Toolshop as though the reader and I are sitting on a couch and I'm explaining what I teach in my classes. I share real-life stories and examples to which parents can relate. Since parents frequently ask the same questions, I clarify common misconceptions, offer suggestions for common parenting problems, and give specific suggestions for exactly what to say and do. I decided against writing several books, each focusing on a different age group, relationship, or problem. Instead, I decided to list all the tools, describe how and when to use them, and explain how people could modify them to meet their individual family's needs. The result is a comprehensive resource that parents can use for generations to come.

I know that truly committed parents will read other books besides The Parent's Toolshop, but not all parenting resources offer accurate advice that stands the test of time. In my book, parents learn the universal guidelines for "balanced" parenting, proper definitions so they can screen other advice, suggestions for individualizing their parenting plan, and practice using the skills so they become a part of their unique personal style.

I sincerely hope that every person who desires healthy, rewarding relationships and wants to learn practical effective communication skills will read my book. It is rewarding to hear how much the book has improved people's lives. Knowing I've touched lives in a positive way is an emotional paycheck that rivals any material gain I might reap from this book. I used to say I was making a difference in "my little corner of the world." Now that I've joined the World Wide Web, I hope that "little corner" expands to farther reaches of the world.

May you and your family experience physical and emotional health, rewarding relationships, and deep abiding love.

Yours in service to families, Jody Johnston Pawel, LSW

## **Users Review**

### **From reader reviews:**

#### **Kimberly Rubio:**

In this 21st century, people become competitive in most way. By being competitive right now, people have do something to make these people survives, being in the middle of often the crowded place and notice by surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yes, by reading a book your ability to survive boost then having chance to endure than other is high. To suit your needs who want to start reading a new book, we give you this The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family book as starter and daily reading publication. Why, because this book is greater than just a book.

#### **Lisa Potter:**

Now a day people that Living in the era exactly where everything reachable by match the internet and the resources inside it can be true or not need people to be aware of each info they get. How people have to be smart in obtaining any information nowadays? Of course the solution is reading a book. Reading a book can help individuals out of this uncertainty Information especially this The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family book because this book offers you rich facts and knowledge. Of

course the info in this book hundred per-cent guarantees there is no doubt in it you know.

**Randy Mosley:**

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family can be good book to read. May be it might be best activity to you.

**Paul Avila:**

Your reading 6th sense will not betray you actually, why because this The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family e-book written by well-known writer who really knows well how to make book that may be understand by anyone who all read the book. Written in good manner for you, dripping every ideas and composing skill only for eliminate your current hunger then you still question The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family as good book not simply by the cover but also by content. This is one reserve that can break don't assess book by its deal with, so do you still needing an additional sixth sense to pick this particular!?! Oh come on your reading through sixth sense already told you so why you have to listening to one more sixth sense.

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