



RADICAL

PARENTING

for Happier Kids...

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INTRODUCTION.

Thank you for trusting Happy Kids Klinik and for downloading this e-book.

At this point you might be wondering; “what does this guy know about raising kids?”.

Fair question.

What I’ve written about in this PDF is based on a few things.

- Firstly my personal experience of growing up with an undiagnosed chronic but not lethal condition now known as “Sleep Disordered Breathing” that led me to have non-refreshing sleep for many years, until my early 30’s in fact
- Secondly as a parent of four children ranging in age from 16 to 1, I have had my share of experience on the front line! I don’t believe in writing about or daring to give advice on a topic I have no direct experience in. So there’s nothing here that I don’t try (and yes, fail) to maintain my own children’s health and thriving.

- Lastly, I bring my perspective as a health educator and researcher since 1998 and specifically with children since 2010. I have worked with hundreds of kids to help improve breathing and more recently the function of lips, face and tongue muscles.

I make mistakes everyday with my parenting, have my victories, hardships, relationship and money stressors. I have to make hard decisions, be authoritarian, let my kids down and make things up on the fly, often with not enough sleep while juggling my share of roles and responsibilities.

While none of this may sound that radical what I want to present here is some alternate views of what can often be taken for granted in the “daily grind”.

For some, these simple ideas may not seem like much but in my experience they’re examples of the things that separate my clients into the ones who get good results, versus the ones that get great results.

You may already be familiar with some of these ideas or maybe all of them. These ideas may be new concepts or they may be laid out with a fresh outlook you’ve not considered before.

If you find yourself triggered by what I present here; “that’s nonsense” “I’m never doing that - it sounds ridiculous” etc then I invite you to sit with the possibility of why you reacted in that way.

Often, when this kind of reaction occurs it’s due to the information touching a deep nerve somewhere within. There’s a possibility in this case that it may be due to something you experienced or missed out as a child yourself. If that could be true for you, I encourage you to sit with it, and maybe even explore it a little. Or, if you just disagree, I’m good with that too :)

In writing this, it’s my sincere hope that no matter how big or small, the ideas here help contribute in some way to the smooth and peaceful running of your home and family... and of course, that your kids will run faster, jump higher and be happy!



Cole Clayton
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RADICAL ACTION #1



LOVE.

OK, love you say...

That one is obvious right?

For sure, we all love our kids. There's something running deeper than that warm fuzzy feeling we get when we see them smile at us with that little glint in the eye. It's the feeling that we would go to the end of the earth for them, to protect them, to make sure they don't get hurt and to provide them with the best education and experiences possible.

So what about those times when we lose our bundle at them. When they wind us up to what can feel like unreasonable, immeasurable and inhumane levels of frustration? In that moment are we still loving them?

I would say yes.

Research has shown that the worst possible outcome for a child's development is not their experience of our frustration from time to time but overwhelmingly it's the experience of neglect that causes the most damage.

This doesn't mean forgetting to brush their hair one morning. No, the type of thing I'm talking about is the "seen and not heard" mentality. The one where we feel kids have become an inconvenience in life rather than an integral part of it and of yours.

A well-known physiological fact is that when children feel loved and not separated or distanced from their parents it stimulates the release of growth hormone from the pituitary gland. I've seen this in action when I worked in a boarding school where some of the kids had to take growth hormone as they didn't get the close contact they needed.

So what does all this mean?

I'm by no means wanting to make anyone feel guilty for the time they felt they weren't there for their kids. We all have our "parenting fails" but here is a list of a few things I try and do to ensure they know they're loved and important.

- 1. Get off your phone.** Yes that text and email is important for work but when you're with your kids be with them and not on the screen. Remember also that your screen behaviours will be modelled in later years!
- 2. Listen.** When they come to tell you something, show you a picture they drew, a rock they've found or to tell you something they've achieved, try to stop and listen. No need to fix or correct, just be present and provide appropriate, genuine praise. This will grow their trust and confidence rapidly.
- 3. Provide positive feedback.** Just a little word or phrase here and there is extremely helpful rather than following that temptation to over-correct. Dropping in a simple "I love how you've done that" can mean the world to a child.
- 4. Use post-tantrum bliss.** They've chucked one, you've chucked one...everyone cried, everyone feels vulnerable...that's the perfect time for a cuddle. Nothing to be said, just wrap them up in your arms and tell them you love them.
- 5. Tell them they're special.** A super easy practice to implement when you tuck them in at night is to tell them something awesome about themselves from that day. This helps cement to them their value and sense of belonging and everyday this builds as an autosuggestion of their inherent value in the world. For example "I'm so proud of the way you practiced music today" is enough. It's the repetition of this as often as possible that is key.

There are many more ways to ensure kids feel loved and you probably know as many, or more than I do. However I think the over-arching secret of success here is to make sure that all your praise, all your smiles and all your cuddles come from a place that is genuine. No greater a lie detector than a kid!

So when we're talking love, make sure it's always real, even if it's a "I'm cross at your behaviour, but I still love you" rather than telling them you love them through gritted teeth!

Often times too, doing this successfully means addressing our own barriers to living in a more open, compassionate and loving way. I personally have invested countless hours (and dollars!) working to find new ways of expressing more of what I want to express and less of what I find doesn't serve me.

A teacher once said; "we learn our most important lessons through our closest relationships" and I feel this is very true in parenting. So I work to be open to learning as much from them as I can teach about loving and opening towards happy harmonious homes and communities.

RADICAL ACTION #2



RHYTHM.

Ever noticed say at work or in relationship that if someone springs something on you unexpectedly it can be somewhat irritating or even upsetting to your flow?

This can be especially true if it's something that may not be what you want to do at the time or particularly if it interrupts your plan for the day or time.

The same is true for kids!

Our kids have certain sequencing and planning parameters within. As you may be aware, when these are disrupted they can get very annoyed and upset. What they're up

to may not seem like much to us, but for them it can be really, really important as their world is both non-linear and non-temporal.

Can you remember a time when you had to rush out unexpectedly and take them with you, only to have a tantrum or major sook on your hands, heightening the situation and testing your level of patience beyond what would be more than reasonable for any sane person??

Many times our little people are experiencing the same frustration with interruption to something important that we go through.

Obviously, sometimes things are very urgent and important and they have to go through the reality of being torn away from their important work just as we do. However if it's something that happens on a regular basis there's a few things we can do as parents to help alleviate the interruption to their games and play.

Daily Rhythms:

Having a daily rhythm is, I believe, a crucial aspect to having Happy Kids. A daily rhythm allows them to know what is coming next and gives them security and trust in you and their environment. By understanding what will happen and when, kids feel much more comfortable and secure.

When this rhythm is repeated daily and weekly they come to understand how the family works, begin to adjust to timing and a form of self-control and self-regulated discipline.

Let them know the plan:

One of the most useful things I have found at eliciting cooperation with my kids has been to give them a rundown of what is happening. This way there's no surprises and therefore far less resistance because in a way, they have ownership of any transitions you're asking them to make.

When I have my kids on Tuesday afternoon's/evenings while their Mum is out I will say something like; "OK, we're going to get a drink from the shop, go to the butcher, then the fruit and veg shop. Once we've done that we're off to home for a play, dinner, wash and then I'll read you a couple of chapters of your book in bed".

Seems pretty obvious, but think about the scenario in this way; "right here's a drink, jump in the car". We then stop at one shop that has no interest for them, then another, they give me some attitude about that. Then they go wild while I cook dinner, I yell at them to sit down and eat, have a wash and threaten them that if they don't wash, I won't read them a chapter from their book... which scenario is easier??

Explain why:

If you do have to change routine or have a sudden change of plan for some reason, unless it's an emergency, take a minute or two to explain why and what's going to happen. Doing this won't cost you much time at all but it can save you a heap by ensuring they understand what they are doing and why they are being suddenly dragged away from what they were focussing on.

Just last summer, our own kids were being really restless in the day, destroying the house by bringing out all number of toys, making jumping games on the couch etc etc and generally leaving the place a jumbled mess! Things were getting wilder each day and the kids were becoming stroppy and defiant which in turn impacted our reactions to them and the whole family's mood.

My wife decided what they needed was a daily "Summer Rhythm" which she drew up, told them about and implemented that day. After a couple of days things settled down, tempers were tempered and the whole family started to run on an even keel again.

The rhythm was as simple as; breakfast, morning activity, lunch, quiet time, afternoon swim/beach, dinner, shower and bed. Again, nothing complex but the result was the saviour of our summer!

RADICAL ACTION #3



DITCH THE iPad.

I hear many people say "these days there's no avoiding screens" then insert any number of justifications for kids using them, commonly I hear:

"They need to learn to use them anyway"

"They're going to use them if we like it or not, so better let them do something educational"

"Have you thought of building an Ap for your breathing program?"

"We can use technology to our advantage in education"

"Technology is a useful tool"

"We really try to limit screen time"

The last one on that list, is often shortly followed by "but we don't always succeed" or "they always seem so grumpy after they've been on the iPad" or "screen time creates a lot of tension in our house"

Now at this point it would be simple for me to get up onto the proverbial high horse and preach about using screens when I am marketing a product for kids that relies on the internet!

A very valid point with no justification from my part, because there isn't one.

Here's the rub, I can say with transparency that I may not even get my own kids watch my flagship online breathing retraining product!

Here's the reasons why:

- In our house we have no screens (including TV) in the living areas, only the "work room". The kids then come to understand technology is used for work only. We have no TV/Netflix etc in our home which negates that issue, yep that's right, we don't own one and I haven't personally owned a TV since 2005
- The freedom created from a tech free living environment allows the children to explore and create their own work and play in an open ended way without external influences
- Technology is highly addictive. Don't believe me? Try going without your smart phone for a day, if that's not possible, use it for calls and text only and check no Aps or Social...bet you can't
- Tech and particularly gaming is highly destructive to the growing brain and brain patterns. Games in particular fracture the conscious mind and experience from the sub-conscious and the growing body. Yes these experiences are "virtual" until they really do become reality. A new syndrome has even been coined to diagnose this....Google it...
- Research shows that screens and gaming in particular, shrink the pre-frontal cortex - the brain centre we use for logical thinking, planning and comprehension of risk/reward and consequences. Cocaine has the same effect. Go figure.
- The neurological experience of screens and gaming creates a high level of arousal of the nervous system, up to the level of a peak sexual experience in adulthood. Imagine this level of neurotransmitters pumping through the brain was sustained for hours at a time and imagine how you may then feel afterwards? Cross and cranky?
- Security and content monitoring systems may be effective but they can't fully shield kids from being exposed to imagery that may not be age-appropriate, especially images related to advertising (it all goes in...). Don't believe me? How many jingles from your childhood TV days do you still remember?

These are a couple of the big ones. So why would I limit my kids from watching some good stuff on a screen, like a breathing program? Ever tried a biscuit from a fresh pack thinking "I'll just try one"? How'd you go? If you had two or three, you're not alone (see Action 5 to find out why). If you limited yourself to one, you could be lying (haha) OR you are exhibiting a healthy level of adult control over a potentially chemically, sensorily and neurologically addictive substance.

Notice I said "adult" level of control? Kids don't possess these abilities yet, so exposing them to even a bite (byte?) of the cookie potentially opens the floodgates, something I want them to delay as long as possible until they have an understanding and maturity in the world to choose with as much conscious will as possible.

You may say this approach is somewhat extreme and you could be right. All I want to do is present some of the reasons we chose not to use screens and why, this is how I chose to parent. You will find your way.

The level of exposure you chose is something you need to weigh up as a parent/s, however if you find yourself justifying or even using screens and tech as a reward, punishment ("no screen time") or distraction to get some peace and quiet around the place, I'd invite you to reconsider the relationship.

I often say there's a very easy way to stop kids watching screens, simply get rid of them. If that's not your option, consider researching more into it and consider the risk/benefit ratio carefully.

RADICAL ACTION #4



SLEEP AND LIGHT.

We all know the feeling of being tired and irritable from not getting enough sleep... short temper, poor concentration, foggy head.

No surprises that our kids feel the same when they don't get enough shut eye!

Kids need about 10 hours of sleep a night to do all the things they need to do; grow, repair, process and restore ready for the next high energy day, particularly for function of the brain. So firstly, we have to look at the length of their sleep which means getting to bed on time, but secondly and most importantly there are a number of things that impact sleep quality:

1. **Sleep breathing:** The predominant mode of breathing while kids are asleep should be nasal. Ideally their lips should be shut, their breathing slow and quiet. There shouldn't be any snoring or noisy breathing, mouth wide open and they should wake up rested with energy to burn. There are a number of factors that contribute to sleep breathing problems and discussion of all of them would require a book length PDF.

However, some of the main ones would include; mouth breathing by day, allergies, airway problems/blocks such as enlarged tonsils or adenoids, functional issues related to the tongue that can arise from habits such as thumb and dummy sucking, congenital sleep disorders and strains within the cranial (head) system resulting from birth strains.

2. **Routine:** Coming back to the daily rhythm, bed time routine is critical. This is important so that children know what is coming next, what to expect and importantly, what is expected of them. The bed time routine is probably the most critical rhythm of the day and is important to maintain with strong boundaries. You may have noticed that many kids resist going to bed and resist sleep. The resistance of bed time is pretty straight forward, there's exciting things to do! However if your child is taking longer than 30 minutes to get to sleep then it can be indicative of the sleep breathing issues discussed above. The record at Happy Kids is a child who took 4 hours to get to sleep every single night...difficult not only for her but for her Mother who consistently lost all that potential productive and relaxation time. After a simple breathing program that time to get to sleep was reduced to 20mins and everyone was a lot happier.
3. **Light:** The evolution of the human body has not kept up with the evolution of the light globe. What am I talking about here? As human beings, we are programmed to sleep in the dark and wake up in the light. Sounds obvious right? Indeed, and even some of the hormones that put us to sleep and wake us up are triggered by the changes in light. Funnily enough production of our sleep hormones are triggered by the morning light hitting our eyes! So light itself is actually critical to healthy sleep. This means a couple of things for our kids. Firstly, they need the lights to be the minimum necessary after dark - candles work well or low level orange coloured light sources, they especially need to avoid exposure to LED (blue) lighting at night. If you have street lights outside their window, use strong blackout blinds and try to keep their room as dark as possible. Secondly flickering strong lights such as those that shine out of our devices and TVs will disrupt both ability to get to sleep and sleep quality so if you really want happy kids, no screens after dark.
4. **Air quality:** Kids need to breathe good air while they're asleep in order to take load off their system and allow sufficient energy for recuperation. Consider ventilation in your children's bedroom and air pollutants and allergens such as old bedding/ mattresses, pet hair and pets in cages, old carpets, mildew/mould from the building and strong cleaning substances. All these things can place extra load on the system via the airways and many trigger allergy and mucus production which can really impact the state of the airways and sleep breathing.

In short, sleep is a huge, huge area and can literally be a lifetime's study. If you have concerns about your child's sleep, particularly if you hear them stop breathing or snore heavily or grind their teeth on a consistent basis, get help sooner than later. Sleep issues

are critical because of the critical link between sleep and brain development and are not something to be taken lightly!

RADICAL ACTION #5



FOOD AND DRINK.

Here's a massive subject...

There are MANY, many, many ideas, rules, dogmas and guilt trips in today's world about what we should and shouldn't feed our kids.

Gluten free, dairy free, sugar free, paleo or vegan?? Just to name a few of the extremes.

At Happy Kids Clinic we have a simple take on things that links with the ideas and concepts presented so far:

1. What's the intention of the food/drink?

That might sound complicated, but it's not. We just have to be mindful of our own internal dialogue and reasons when choosing or giving options for our kids to eat. What I mean is why exactly are we feeding them what we are? Is it because we subscribe to a certain belief around food? Or maybe that when we give them a certain food they stop carrying on! Is it because you never got those foods as a kid? There are many examples of this kind of thing but you might get

the idea. When we give our kids something because it helps us feel better internally or temporarily eases our own discomfort, chances are it's not going to be the most well-rounded and nourishing thing available.

2. How much do you love it? That's right, do you LOVE what you're family is eating or are you eating it out of obligation because "it's the right thing"? I promise you a piece of chocolate cake that you love eating is healthier than a piece of fruit that you dread. Now I'm not saying eat only cake, but food is a sensually rich experience. There's the look of it, the smell of it, the taste and the texture both in the hands and in the mouth. If food isn't giving you or your kids that sensory stimulation it will be a harder battle to get them to eat it and also harder for the body to digest as the sensory aspects all help to stimulate the digestive process.

A simple example here might be butter. When I was a kid, butter was banned... we had to use margarine or worse, spray on fats on teflon pans...(maybe that's still a belief you have!), our hearts were all going to explode if we didn't. What they forgot to mention was that all the fancy margarines contained what's called *trans fats*, highly processed fats that are closer to plastic than fat but mimic the quality of real fat and actually cause free radical damage. There are many issues related to this that are beyond the scope of this report. What we now know however is that these fats are highly toxic to our body. Butter is better...and which one TASTES better? Which one could you LOVE eating? Sure, don't eat the whole block, but a smear of butter on the toast is way better for the body than a dollop of plastic goop.

3. This leads to the third point - how far from the original source is it? Here's a tip, if the ingredients list is longer than about 4-5 inputs, it's too far from the original. If there's various numbers in the ingredients list, calmly and quietly put it down and walk away...

Nature in Her wisdom has provided us with all the nutrition we need, relative to the geography we live in. For example, people in cold climates traditionally ate a lot of oily fish, especially during the darker months. Oily fish are full of DHA and we rely heavily on DHA to regulate our hormones (among other things) especially when there's not much sunlight around as light is our master hormonal conductor.

Only these days we try to out-smart our environment.

We create all sorts of foods and food alternatives. Mixtures that look nothing like they've grown on a tree, come from the ground or breathed air. The information coming into the body from these foods is like listening to radio static, you can do it but it's pretty damn irritating.

Same with foods far from their source. So eat as close to local, whole foods as you can find. One bonus of this is they taste way better! I remember one client complaining to me that when she started buying local organic fruit it was costing a fortune. Not because of the price of organics but because it tasted so good the kids just kept smashing through it! They'd never eaten fruit until then...come back to points 1 and 2...

All this sounds easy enough, but why do we get so addicted to "bad foods"? Many of these "bad" and processed foods actually mimic what is good in whole foods. What happens is manufactured, processed foods promise the body a hit of vitamins and minerals due to the amount of sweetness or fat on offer but only deliver empty calories.

So our body's response to that is to send a message to the brain to eat MORE of it!

That's right, it's like an internal hormonal dialogue that says, sweet should equal vitamins but there wasn't any, eat more of that...

Ever opened a pack of cookies to eat "just one or two" and found yourself munched through the whole pack? Be honest! Well that's why, and be mindful that as I've said previously, kids don't have the same self-regulatory filters that we do. For them, it is exponentially harder to realise they don't actually want more despite they're screaming for it as though their life depended on it!

So in summary, the trick with food is really to know why you want to eat it and what exactly you're eating. An easy rule of thumb is to eat locally and seasonally as possible. Above all, love what you cook and eat and go with the body's ability to determine what it craves is probably what it needs.

And don't eat margarine...

RADICAL ACTION #6



LEARN RISK.

"Don't wrap your kids in cotton wool"

"Don't be a 'helicopter' parent"

We hear these phrases often but when we can see a bad fall or poor choice in the making it's instinctual to step in and intervene. In cases of danger, of course this is really important, however stepping in too often or without good reason can negate one really important learning for our kids...the consequences of risk.

Why are the consequences of risk so important?

To understand this we need to look somewhere unexpected. Prison.

Studies and qualitative research done on prison inmates, especially the younger male majority, have shown that many are behind bars due to a poor comprehension of the consequences of risk taking... and this starts during childhood.

Now I'm not for a moment suggesting your child is destined for maximum security lock up...but the lessons learnt there are extremely useful when working to develop integrated and well balanced teens and adults.

The researchers showed that the young offenders didn't have a concept of the consequences of what they did and how they did it. They took risks without any processing of the logical next steps. They found that due to their upbringing of never being supplied with consequential boundaries their brains were simply not wired in to understanding the scale of risk and they just kept pushing.

We might set regular and sensible boundaries such as bed-times, eating good food, screen time and what's acceptable behaviour at school and home, but how often do we set up what would be essentially "safe" yet calculated risk situations?

This might sound like an edgy idea, but there are sensible ways to do this, mostly through physical activities. For example, skateboarding has become very popular recently for both girls and boys and is a brilliant way for them to explore their ability to trust themselves and understand where the borders of their mind and body lies.

When learning to "drop in" to a bowl or ramp a child needs to be confident on the board first, then trust themselves to literally "drop" forward into the ramp. Once they make it and lock the skill in, they can push to higher and more technical bowls and ramps, thus gaining confidence in both body and mind, while performing an activity with an very easily perceivable risk!

Activities like skateboarding also mean parents can be involved as can many of the skate programs and coaches available (e.g. www.skateallday.com.au), thus negating the actual risk while maximising the benefit. There are many other forms of physical and non-physical risk taking that help children understand the nuance between risk, consequence and reward, some new and some you might remember from your own childhood...

- Surfing
- Climb a tree
- Enter a writing, maths, spelling or other academic contest
- Diving from a platform
- Mountain biking
- Public speaking/debating
- Martial arts, particularly respect based forms such as Ju Jitsu and Kung Fu
- Real life building/carpentry projects using real tools not toys (always needs to be supervised!)

- Cooking and food prep, including supervised cutting and cooking on heat
- Gardening, especially vegetable gardening which can be done even in small spaces
- Keeping pets
- Doing jobs around home for money and saving versus spending

These are just some examples and it's up to you as parents to decide what is and is not right for your family, where you live and your child's temperament interests. Regardless, we must recognise the importance of helping them channel their energy into something that teaches them vigour, persistence and focus cannot be overemphasised in our increasingly fast paced digital world.

Finally it's worth mentioning that from a physical development viewpoint the importance for kids to be exposed to a range of different sports and activities rather than a single sport or "thing". So don't be too worried when their interests change or they want to try a whole bunch of different sports and physical activities, it's a great thing!

RADICAL ACTION #7



BREATHING.

Breathing is a skill for life.

Of course at Happy Kids we sell breathing programs so there is going to be a section on breathing! But seriously, it's an important topic and I speak from personal experience as a kid that grew up with sleep breathing issues.

A child with breathing or sleep breathing issues can sometimes mean they apparently seem "lazy", tired and even unmotivated, especially in the mornings. They often have their mouth open for breathing, especially during the night and can often be the kid with "dark circles" under their eyes.

I was one of these kids and the ramifications of this were with me until I finally figured out what was happening in my early thirties. I addressed the problem by working on my own breathing. This enabled me to think more clearly and logically and helped me to realise the purpose and meaning in life.

Now I'm not saying that kids will suddenly find enlightenment by learning to breathe well but for the ones that are suffering there can be big improvements. While those that aren't having difficulties can be "sharpening the saw" with breathing, often resulting in improved concentration, focus and athletic ability.

The reason for this is that breathing is intimately connected to many processes in the body. From the obvious like the heart and lung connection to perhaps less obvious functions like kidney health, blood PH, digestion, mood and cellular respiration meaning the ability to use oxygen to help make our body's energy. So where breathing is compromised we can have a compromise in function in one or more of these systems and conversely, if these systems become optimised we can have a potential supercharge in health and wellbeing.

So how do we go about getting kids excited about breathing programs? As much as we might have a drive for them to improve, they don't always take up on our immediate enthusiasm. To begin to engage them we must have a hook into something they love to do such as sports, music or recreational activities (I usually exclude gaming from this for the reasons stated above).

Once we have this hook the reason for listening becomes relevant to the child and they can begin to engage in the process of understanding why breathing is critical to them and their enjoyment in life. I believe through my experiences that the best way to do this is by providing relevant information in a way that the child understands. By doing that there can be a magic process whereby they become motivated and aware to engage in their own breathing retraining process provided the process is simple enough and not time consuming.

I have seen changes in children ranging from incredible transformation to some positive benefits in one or two areas of life. These include one child reducing their time to get to sleep every night from 4hrs a night to 20mins, dramatic improvements in sports performance and resolutions of seemingly constant runny noses and upper respiratory infections. There also exists research to back this up, especially demonstrating that night time breathing and airway can have a significant impact on the "executive function" or in English, a child's ability to think rationally, logically and make good choices in regards to consequences.

All this is a proven recipe for happier kids who not only feel better physically but whose emotional and regulatory systems can become more functional in combination with improving the restorative functions of sleep.

Breathing well is not a magic cure but considering that all systems of the body and all aspects of life require us to maintain our breathing, it makes sense that in order to maximise life's experience it will help to have breathing functioning as smoothly and efficiently as possible.



IN CLOSING.

I hope I have managed to challenge and shift a paradigm or two with these ideas and actions.

I titled the book "Radical Parenting" not just as a hook but because much of what is written may actually fly in the face of the conventional "wisdom" of those around you.

Friends, teachers, healthcare providers and yes, even your parents and in-laws may not agree with some or all of these principles. If you change something, refuse a food, an activity or get rid of your TV, you may be criticised or even ostracised as a weirdo, freak or depriving your kids of things.

Ultimately, you need to consider what feels right and what doesn't now for you and your family. If implementing a few changes feels like the right step, then take it.

Try it on for a bit.

Live on the edge and take a calculated risk.

Be radical.

'Cos your kids are watching you and they imitate and emulate you.

which means above all whatever you do, make sure you take every step and action you need to...

BE HAPPY!

With my best wishes for a radical family!

A handwritten signature in black ink, appearing to be 'Gle' or similar, written in a cursive style.



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(Copy it if you want though, no big deal)