



## Helping Children and Adolescents Succeed Socially!

### The Social Skills Groups

Social Skills Groups are held at:  
The Social Skills Place, Inc.  
464 Central Avenue Suite 6  
Northfield, Illinois 60093

#### Date and times:

##### Elementary School

Tuesday's 4:00PM-4:50PM  
Wednesday's 4:30PM-5:20PM

##### Middle School/Jr.High

Monday's 5:00PM-6:00PM  
Wednesday's 5:30PM-6:30PM

##### High School/College

Tuesday's 6:30PM-7:30PM

##### Parent Group

Wednesday's 1:00PM-2:30PM  
Wednesday's 7:00PM-8:30PM

Founder:

**Susan Stern, MSW, LCSW**

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**(847)446-7430**

Visit us at:

**[www.socialskillsplace.com](http://www.socialskillsplace.com)**

### Transforming the Difficult Child

**This will help your child to feel better about themselves and to make and keep friends!**

#### The Nurtured Heart Approach

Howard Glasser

Executive Director, Children's Success Foundation

- The approach is about how to therapeutically shift intense children to use their intensity in wonderful ways.
- And it is about making any moment an opportunity to create success.

The Nurtured Heart Approach:

Three basic aspects:


1. Super-energizing experiences of success.
2. Refusing to energize or accidentally reward negativity.
3. While still providing a perfect level of limit setting and consequences.

Whatever we pay attention to; we get more of that behavior.

#### How do we as parents do this?

- Watch your children, describe and document what you see out loud...as if for a blind companion.
- Help intense difficult children feel the moment and what you say for good things not negative. **Build a relationship** with them around the good things. We want to build a new relationship. We want to build on strengths.
- Say what you see is right. Verbalize to them. This is instrumental in creating a new success for them and for your relationship.
- There is always an underlying effort when rules are not being broken. Offer consequences not negative attention and responses when rules are broken.
- Establish the house rules and consequences first, when things are calm. Then your child will know exactly what happens when rules are broken.

Be nurturing, loving and consistent. Children need consistency and to be able to predict what will be in their lives. Talk with your child. Share how you feel with them and ask them how they feel.



**Please Note:**

We begin new groups as soon as we have enough children or adolescents to form a new group.

Dates and times of the groups are flexible.

Identifying feelings is important. This will help them to identify how they feel. This will help them to predict how others feel and how they make others feel.

Howard Glassars seminar and Transforming the Difficult Child book was the inspiration for this newsletter. [www.DifficultChild.com](http://www.DifficultChild.com)

Susan Stern, LCSW is the founder of The Social Skills Place, Inc.

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