

LIVE CALL-IN INTERVIEWS

FEATURING JODY JOHNSTON PAWEL, LSW, CFLE

QUALIFICATIONS: (SEE RESUME FOR DETAILS)

- **Author of 100+ resources on parenting and other relationships.** Cover tots through teens and every possible problem/situation parents may encounter. Book's index has 1000+ entries.
- **Parenting advice column for 2 years.** Open invitation to write a column for Star Press in Springboro.
- **Co-producer and on-air Parenting Expert for Ident-a-Kid television series** with ABC's Donna Jordan. (2 years)
- **Hundreds of media interviews, mostly radio.** About one third were call-in formats.
- **Regularly interviewed and quoted in national parenting magazines.**
- **Can answer questions off-the-cuff.** Am tactfully when redirecting people who are off-base.
- **Have plenty to discuss if no one calls in:** thought-provoking questions, interesting topics, important information, and practical ideas

FOCUS: PARENTING

Family Relationships (including marriage, in-laws, etc.)
How Family and Work Relationships are similar, but different.

FORMAT:

- **Live call-in talk and advice**
 - ▶ callers share opinions and ideas on topics
 - ▶ callers ask questions or share problems for advice
- **Occasionally invite guests re:**
 - ▶ special issues/problems
 - ▶ special community events/services/news events
- **Topic or question of the day**, but also take any other calls/questions

MEDIA QUESTIONS

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

Personal Questions

- I read that you are a second-generation parent educator. What was it like to be raised by two parenting instructors and how did it affect you as you were growing up and as a parent?

Introductory Questions about the Book

- There are so many parenting books these days. Why did you decide to write your own parenting book? (*See "Top Ten Unique Qualities of The Parent's Toolshop"*)
- After reading your book, it seems that *The Parent's Toolshop* is not just an informational book, it is a self-paced workshop. Can you tell us more about that?
- I was intrigued by your claim that you've devised a problem-solving "system" that can help parents "prevent or resolve any parenting challenge." (*See Fact Sheet on the "Universal Blueprint."*)
- When you say your problem-solving system is universally effective, what do you mean?
- Obviously, not every parenting problem is the same, so the solution can't be the same. How do parents individualize your system to specific problems?

Practical Questions That Address Newsworthy Topics and Real-life Problems

Choose the format you prefer:

- *Call-in format:* You've been teaching parents and doing call-in advice shows for over twenty years. Let's take some calls from our listeners with parenting challenges and see how you would apply your "Universal Blueprint" to them.

- *Choose the parenting problems to discuss:* "How can parents deal with . . .?"

<u>Tots (ages 1-5)</u>	<u>Tweens (ages 6-12)</u>	<u>Teens (ages 13-18)</u>
Temper tantrums (4 types)	Allowances*	Arguing*
Getting & staying in bed*	Not doing chores*	Straying from family values
Sleeping through the night	Insincere apologies*	Dealing with cliques*
Biting	Sibling bickering & teasing*	Curfew agreements
Resisting car seats & helmets	Bossiness*	Dating agreements
Fears	Bullies and/or fighting*	Disrespectful, rude, sassy*
Impulsiveness	Complaining*	Driving agreements
Interrupting	Cussing*	Responding to lame excuses*
Bad manners*	Forgetfulness*	Fashion fads
Not cleaning own messes*	Forgetting homework*	Gangs
Picky eaters*	Not completing homework*	Rebelling
Whether to use play pens	Lying*	Wearing makeup
Potty training	Late in the morning*	Hanging with the wrong crowd
Property disputes: borrowing/sharing*	Neglecting pet responsibilities*	Attending/throwing parties
Regression	Procrastination*	Running away
Security objects	Discussing puberty/sex	Why grounding doesn't work: how to decide the severity of restrictions
Shopping with a toddler	Stealing	Getting the "silent treatment"
Throwing objects	Tattling*	Telephone privileges
Whining	Too many toys to organize*	

* These problems are not exclusive to the age group in which they appear.

CHOOSE PARENTING TOPICS TO DISCUSS:

- ▶ the Top Ten Parenting Myths
- ▶ the Difference Between Discipline and Abuse
- ▶ Why Bribes, Incentives, and Sticker Charts Are Counterproductive
- ▶ Special Issues of Blended Families
- ▶ What to Do When Someone Sabotages Your Parenting Decisions
- ▶ Timeout Is *Not* a Discipline Tool — Do You Know Why?
- ▶ Why Discipline Should Be a Last Resort
- ▶ How to Teach Children to Appreciate Diversity
- ▶ Parenting as a Team after Divorce
- ▶ How Problem Ex-spouses Are like Misbehaving Children — and How You Can Respond
- ▶ Living with Labels: the Effects of Labeling on Children and How We Can Help Our Children Rise above Their Labels to Reach Their Full Potential
- ▶ How to Decide the Severity of Discipline
- ▶ Managing Parental Anger
- ▶ What Type of Parent Are You? The Five Parenting Styles.
- ▶ How to Talk to Your Child About Sexual Issues
- ▶ Couple Communication: Are You a Venter or a Conqueror?
- ▶ The Special Language of Effective Parenting
- ▶ Coping with Difficult People: Using the Universal Blueprint in Adult Relationships

TOPIC IDEAS:

Topic of the Day (or . . . what to talk about when no one is calling in):

1. ***The Answer to Every Parenting Problem Is the Same ~ Test Me!*** - I'll teach and apply the Universal Blueprint to any parenting/relationship problem the listener has.
2. ***Top Ten Parenting Myths:*** I can spend 2-5 shows just on these. (See separate list.)
3. ***Top Ten Sibling Battles and How to Prevent or Respond to Them.*** (Can do 2-5 each show)
4. ***How to Have Good Family Councils*** (tell me what you do, what works, the problems you've had, and ideas to share with other parents. I'll teach the basics *all* family meetings should have.)
5. ***Teens and Fads:*** In what fads are today's teens involved and how do parents feel about them? What fads were parents involved in as teens and how did their parents respond? How do they compare?
6. ***Solving Children's Sleep Problems Without Making Them Insecure. What works?*** Getting kids to go to bed, stay there, and sleep through the night. From birth through age ten.
7. ***Getting Back into the School Groove.***
8. ***Teaching Kids to Lie?*** How parents inadvertently do this and how to encourage honesty in children.

Question of the Day:

1. ***What do you and your child argue about?*** (I'll tell you how to resolve the dispute without arguing.)
2. ***What's the worst parenting advice you've received?*** I'll tell you the true, accurate, correct advice you should have gotten.
3. ***Is the family dinner overrated?*** How important is it to dine together? Are there ever times when it would
4. ***What is the fine line between punishment and discipline?*** What are ways that we turn discipline into punishment. I'll tell you how to tell the difference, how to know when you've crossed the line, and how to discipline in healthy ways that teach children *self*-discipline.
5. ***How do you help your teen deal with peer pressure?*** What have you done to prevent problems and to respond to problems your teen has? Share your ideas and I'll share basic dos and don'ts.
6. ***How do you get your children to do chores without complaining?*** I'll tell you why you shouldn't pay your children an allowance for doing daily chores and how to use a three-tiered allowance system that meets everyone's needs.
7. ***How much privacy should children have?*** (Give your opinion and I'll give information about privacy issues at different developmental stages, what *never* to do, and basic guidelines for parents.)
8. ***How does your spouse, relative, or child care provider sabotage your parenting?*** (I'll offer tips for working as a team with your parenting partners.)
9. ***What's the worst tantrum your child has thrown and what did you do?***
10. ***Have timeouts replaced spanking as a form of punishment — not discipline?*** (Share your experiences using timeouts. I'll tell you why traditional timeouts won't work and how to use them effectively.)
11. ***Are there really the "terrible twos"?*** How much of this problem is normal and how much is preventable?
12. ***Why do kids lie?*** (I'll tell you the top 5 motives, how to prevent lying, and how to respond to lies. Callers can share their stories, what has worked, not worked, or current problems.)
13. ***Today's kids have more toys and multimedia entertainment than any previous generation — so why do they say they're always bored?!*** How can parents prevent this problem or deal with it without totally stripping children of *all* their toys?
14. ***When is competition healthy and unhealthy?*** Call in with your stories about what you've seen and heard — good and bad — on the sidelines at some of your children's extra-curricular activities. I'll define the difference between unhealthy and healthy competition and how to foster the latter.
15. ***How do you teach your child about money management?*** What works and doesn't work?
16. ***Are stickers, behavior charts, and bribes healthy incentives?*** (Tell your stories about how you or other adults used these techniques and whether they taught your child *self*-discipline or dependency on bribes. I'll tell you why they are unhealthy and how to motivate children without them.)

17. ***Do you remember what your parents told you about sex? How have you talked to your own child about sex?*** (Tell your stories and I'll offer basic information and guidelines parents can follow.)

Family/Adult Relationships:

1. ***Are you in a dying relationship?*** Four stages of a dying relationship and how to prevent each one.
2. ***How to deal with a misbehaving adult.*** Adults are just grown up children. I'll tell you how to apply parenting skills to adult relationships in ways that are mutually respectful.
3. ***Is there someone at work or in your extended family you wish you could avoid but can't? Coping with difficult people.*** Call in with your stories about the difficult people you will have to deal with and get suggestions for how to deal with them.
4. ***Men are not all from Venus!*** The dynamics of couple communication, why breakdowns *really* occur, how to prevent them, how to repair the problem.
5. ***How do you deal with interfering friends and relatives?*** Tell me your stories, what works, what backfired. I'll offer some basic steps for responding to unwanted advice and screening advice.