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What's New?

1-2-3 Magic

Train-the-Trainer

One-Day Workshop Presented by
Thomas W. Phelan, Ph.D.

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1-2-3 MAGIC APP ARRIVES!

Guess what? The **1-2-3 Magic App** is finally here! We call it the "[1-2-3 Magic Toolkit](#)" since the App contains a number of tools that will help you use the program effectively with your kids. There's a timer, for example, that can be used to time time-outs or to keep track of Start behaviors like chores or getting ready for bed. There's also a charting section, where you can select colorful stickers to keep track of the childrens' performance on various tasks like homework, up & out and picking up. You also, however, can chart *your own* performance on things like the No-Talking and No-Emotion Rules, or whatever you like (add your own items). The Parenting Tips section provides you with quick, on-the-go ideas for everything from your three parenting jobs to specific suggestions for controlling obnoxious behavior as well as encouraging good behavior.



BEHAVIOR STOPLIGHT FEATURE

What about counting? The Behavior Stoplight feature lets you keep track of exactly what count each child is on, and you can reset to zero whenever you wish. And feature this: You can do the counting or you can actually let the App say the counts. Won't your kids be surprised! Stats allows you to keep track of your kids' behavior over the last week by telling you exactly how many times they got to counts of 1, 2 or 3. Useful for periodic one-on-one pep-talks!

Once you've learned the **1-2-3** program via book, DVD or audio, the App should be a useful accessory that makes the program more effective and fun. Check out the [1-2-3 Magic Toolkit](#) in the *Apple App Store*. If the thing flies in iOS, we hope to produce an *Android* version. Let us know what you think!

DO KIDS REALLY WANT LIMITS?

This idea that children really want limits isn't completely true. It is true, of course, that in the long run youngsters are more comfortable in a house where parents have clear, reasonable rules and enforce them consistently and fairly. [Cont page 2](#)

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Our Mission
Well-behaved, happy,
competent kids!

Under these circumstances the kids are better off whether or not they realize the connection between their parents' behavior and their own well being. In such a home, in addition to feeling cozy, warm and comfortable, children are also developing the critical skill of frustration tolerance.

Frustration tolerance is the ability to put up with discomfort or pain now in order to achieve some more important future objective. It's a beautiful evening and I would like to trash this math homework, but I'd also like to get at least a B in the course. I'd like to slug my brother, but I don't want to upset my mother and be grounded. I'd like another piece of lemon meringue pie, but I don't want to get fat. Successful adults learned high frustration tolerance (HFT) when they were kids.



Many unsuccessful adults, however, still show significant amounts of low frustration tolerance (LFT). They can't wait, so they run the yellow light. They purchase three new, unnecessary DVDs when their credit card is already overloaded. They watch the new show on TV instead of going to the gym to workout. LFT may be one of the fastest routes to failure as an adult.

CHILDREN WANT WHAT THEY WANT WHEN THEY WANT IT

Kids are just kids, so naturally they start out at the LFT point. At any one moment, children want what they want, and they can be angry and disappointed if they don't get it. Kids do not welcome or enjoy adult-imposed limits. As a result, youngsters' frustration frequently leads to trouble with parents in the form of testing and manipulation.

But learning to tolerate—with a little parental assistance—both limits and frustration is a normal and necessary part of growing up. Over the years, most children learn and internalize three important lessons about frustration. First of all, not getting what you want is a regular occurrence in life; you will drive yourself crazy if you overreact to everything that goes wrong. Second, being frustrated is not the end of the world; the feeling always passes. And third, getting better and better at enduring as well as managing life's disappointments PAYS BIG DIVIDENDS.

Keep that in mind next time you have to say "No" to your kids.

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