

# Tantrums:

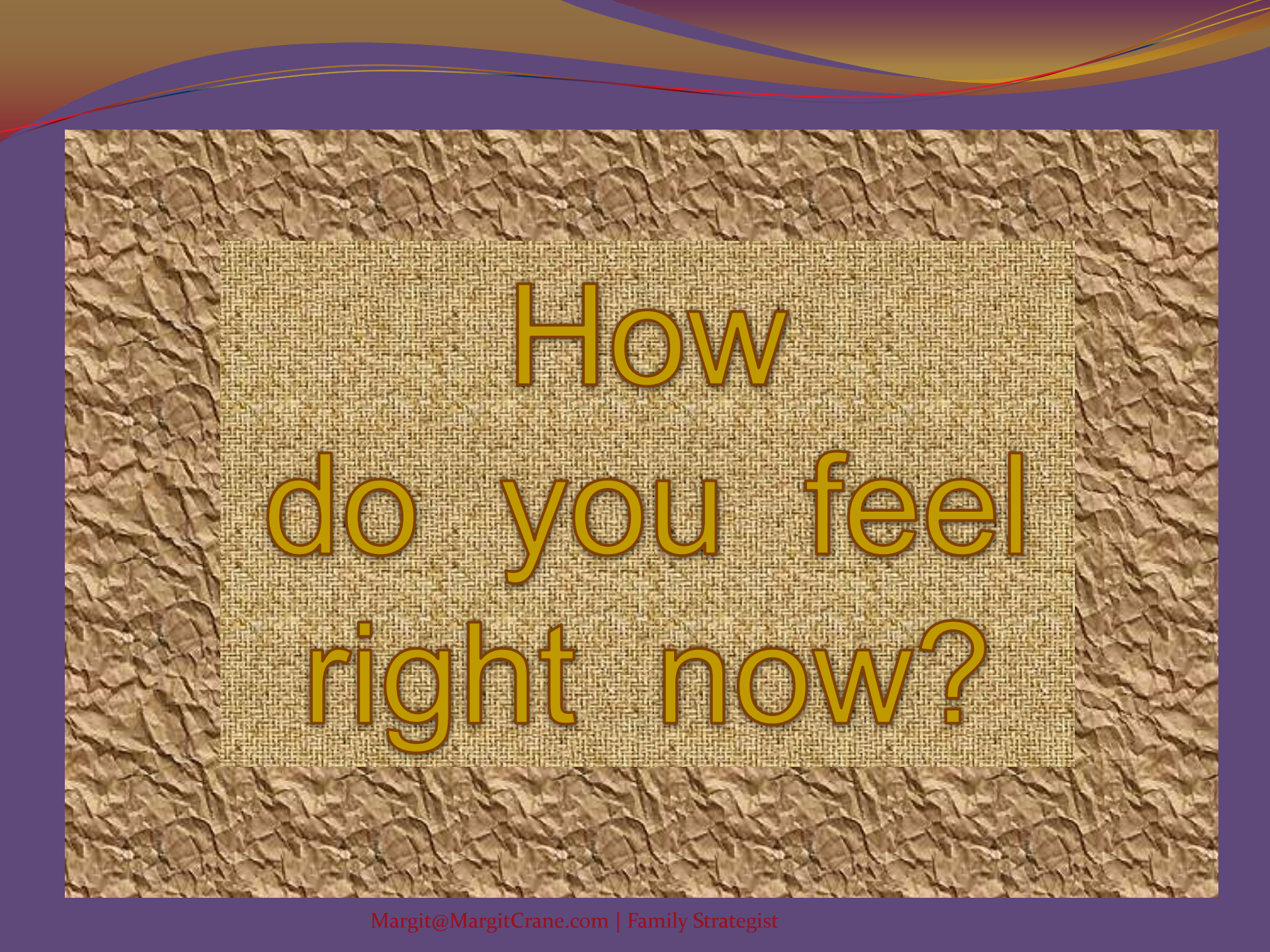
## Mama Motivation

With Margit Crane  
GiftedWithADD.com  
&  
Good-EnoughParenting.com

# What Saps Your Motivation?

1. Interruptions
2. No respect
3. Hunger
4. Fear
5. Sadness
6. Too many demands
7. Living that Merry-Go-Round life
8. Exhaustion & Physical pain
9. Previous bad experience
10. Waiting for the day when . . .
11. Lack of purpose





How  
do you feel  
right now?

# Truth Time

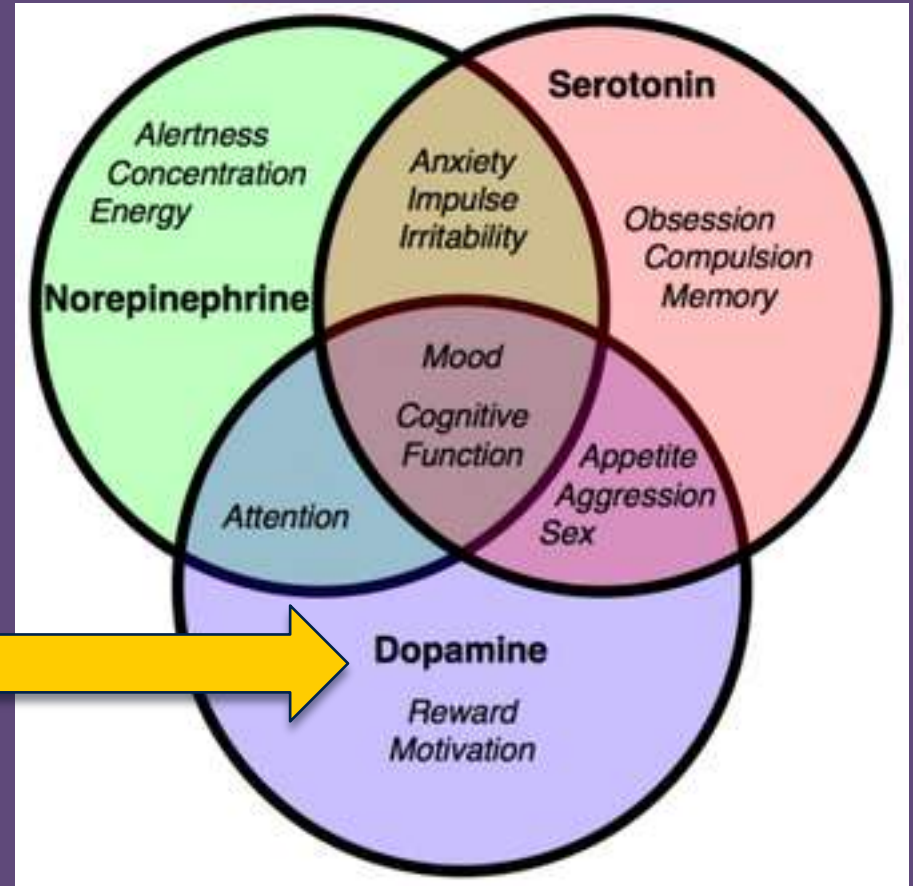
1. Setting the bar high and expecting people to reach that is rarely the most effective motivational tool.
2. Intrinsic Motivation is not necessarily better than Extrinsic Motivation
1. Everyone can be motivated and everyone can be demotivated.

# Setting the bar high may conflict with our most basic functioning



# Extrinsic Motivation

- Approval
- Good grades
- Treats
- Awards
- Money
- Public Recognition
- Feeling safe & loved
- High-fives, smiles, hugs

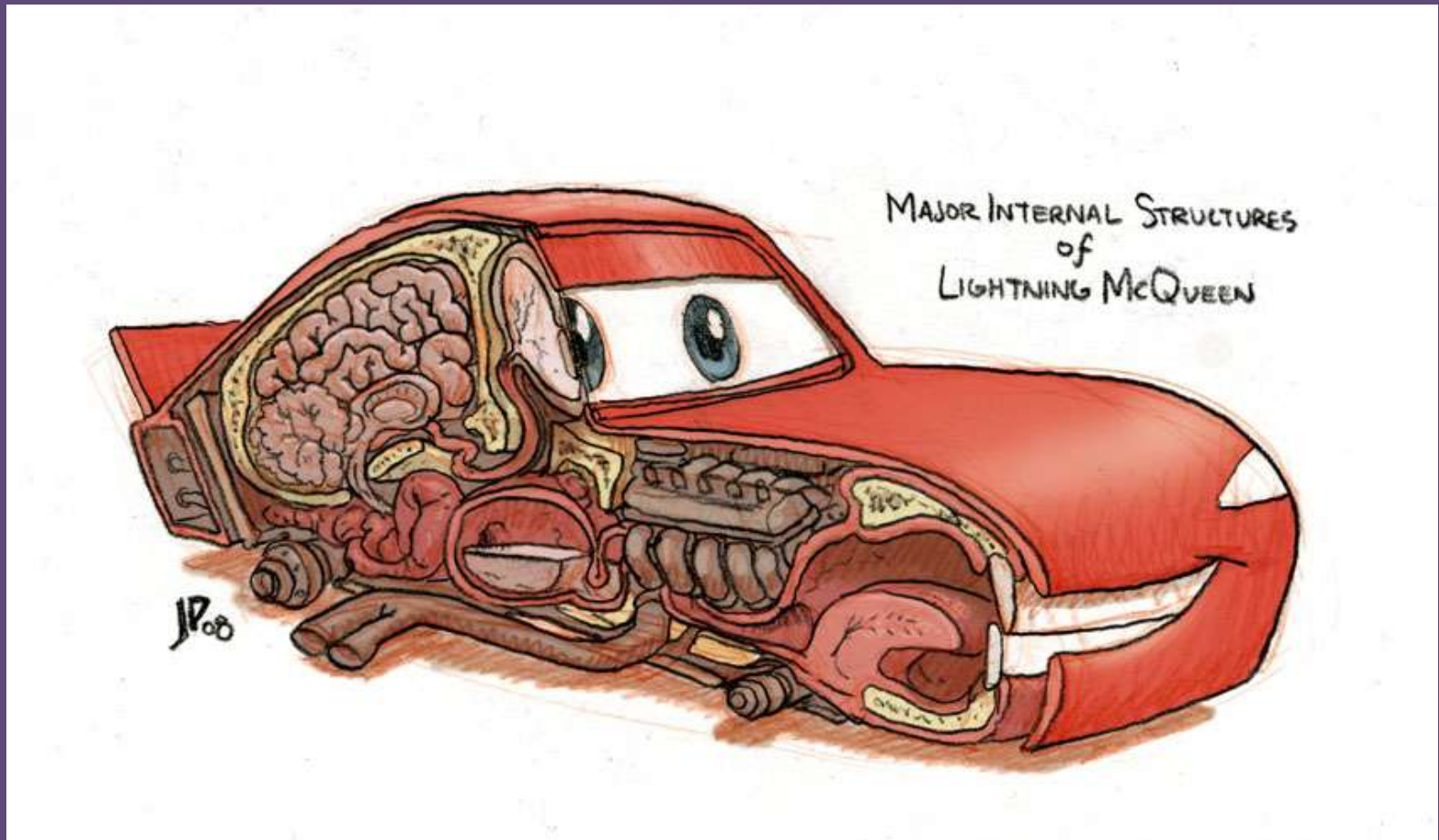




# 3 kinds of motivation – The Bird



# The Car





# Hothouse Flower



# Examples

	BIRD	CAR	Hothouse Flower
MARGIT	Work	Seeing Family	Self-Care
“DOG”	Organization	Self-Care	Communicating with Family
LACEY, 16	Relationships	Talking to Teachers	Time Management
BEN, 9	Sports	Eating Healthy	School Work

# Break the pattern of lethargy & pain

- Tantrum – whine, stomp, yell, hit a pillow
- Dance
- Sing
- Cry
- Pray
- Aerobic exercise
- Housework or yard work
- Journal
- Laugh your head off

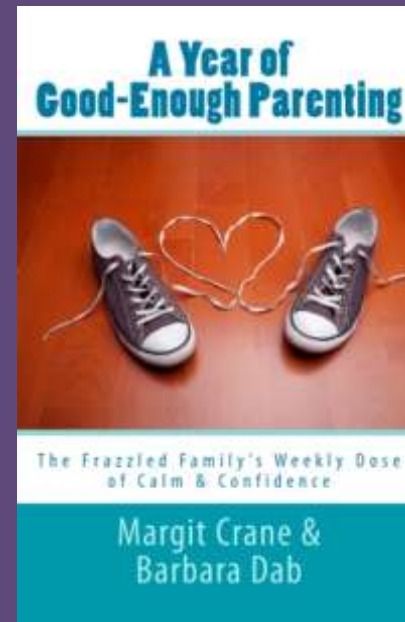
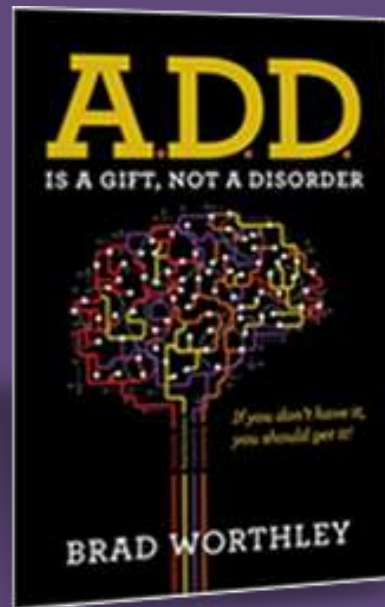
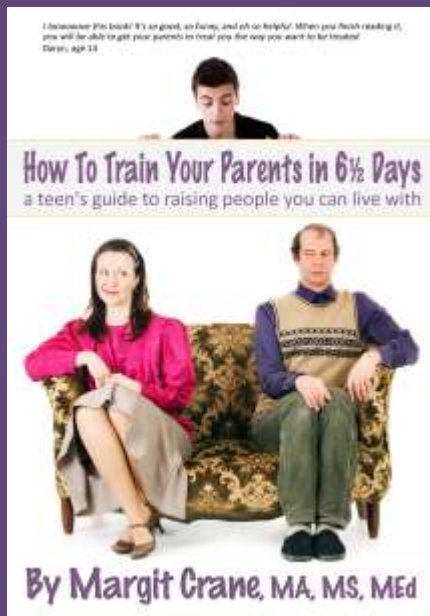
# Most Importantly

Find that friend that can listen and laugh and help you plan your very next step.



# Come visit our table!

Snag a 15-minute consultation + Check out our wares!



Ask us about “Mid-Week Madness”  
OH YEAH!