



# Noël Janis-Norton

## Calmer Parenting & Teaching



*Making life 'Calmer, Easier, Happier' for parents, teachers and children everywhere.*

### The 'Calmer, Easier, Happier Parenting' Programme

A parenting programme with Noël Janis-Norton always involves twice-weekly Skype parent sessions and a minimum of one home visit per month for at least the first three months of the programme. This is followed by further Skype parent sessions that gradually reduce in frequency. At this point, home visits are no longer required, but may be included if considered necessary.

Before working with Noël I seemed to be losing my temper too often, and resorting to bribery, or criticism, and generally feeling exhausted when I couldn't get my daughter to cooperate. But when I began to put into practice the parenting skills that Noël taught me the results were immediately noticeable - my daughter responded so well!

What I like best is that the language Noël uses to communicate her strategies is straightforward. There is a lot of common sense as well as compassion for the child and the parent.

I can't recommend Noël's methods and approach highly enough. Doing the course has given me skills for interacting positively with my child to bring out the best in both of us. I'm so grateful.

*JR, London, UK - mother of one daughter*

This is a bespoke programme. Noël's aim for every family doing her 'Calmer, Easier Happier Parenting' programme is to support and guide you to achieve rapid, solid and lasting positive results.

So that you can achieve these results you need to commit to the stipulated frequency of Skype parent sessions and home visits, and to commit to doing at least six months of the programme.

Each Skype parent session lasts 45 minutes.  
Parent session appointments start on the hour.

Each home visit lasts for at least three hours.  
Home visits usually take place at the weekends, either morning or afternoon.  
During school holidays the option for weekday home visits is also available.

If you are separated, divorced or a lone parent, or if you are an overseas client, all of the criteria of Noël's 'Calmer, Easier, Happier Parenting' programme can be modified to your particular situation.

#### The first stage of the programme:

- Involves twice-weekly Skype parent sessions with Noël for both you and your partner (if you have one) together.
- Includes at least one home visit with Noël each month that involves your whole family and a family meal.
- Usually lasts about three months.

#### Home visits:

The purpose of the home visit is for Noël to observe your family dynamics and to coach you in situ. All family members need to be present for the home visits and each home visit needs to include a meal. During a family meal Noël can identify issues you may not be aware of.

At each home visit there will also be a family learning session. A family learning session lasts from 30 minutes to one hour. They must be organised so that the session remains uninterrupted by any other family members not involved in that particular learning session.

During each family learning session both parents and one of your children will sit down with Noël so that she can demonstrate to you some aspect of teaching a skill or training a habit (this might be academic or social or behavioural).



The second stage of the programme:

- Starts when you have become more skilled and more confident using Noël's 'Calmer, Easier, Happier Parenting' strategies, and because you will be seeing significant improvements in family life.
  - The twice-weekly Skype parent sessions reduce to once a week and then, after more progress, to fortnightly and then to monthly and then to termly.
  - The three-hour home visits are not usually a requirement during stage two of the programme but may still be included.
- The full 'Calmer, Easier, Happier Parenting' programme lasts between six to ten months, but sometimes longer.
  - The fee for a Skype initial consultation and for all Skype parent sessions is £90 per 45-minute session.
  - The approximate fee for a home visit is £600.
  - This includes Noël's fee of £175 per hour plus her travel time at £50 per hour and her travel expenses (usually a taxi each way).

Through Skype coaching Noël helped us with our 9-year-old son. His self-esteem is on the rise and we are no longer a family in crisis. We still use the books and audio book for ongoing issues.

What we especially like about Noël's approach is that it isn't just focussed on 'special needs'. I can use the same strategies with both my children - it's very normalising. The 'Calmer, Easier, Happier Parenting' approach continues to be so beneficial to us.

*E & K, Sussex, UK - parents of two sons*

## Steps in the 'Calmer, Easier, Happier Parenting' Programme

### The First Steps

Both parents need to have an initial consultation with Noël Janis-Norton. Each initial consultation is via a Skype call to Noël and lasts 45 minutes.

During the initial consultation you will have the opportunity to discuss your family situation with Noël. She will immediately begin to give you her expert advice, guidance and recommendations. You will discover more about her 'Calmer, Easier, Happier Parenting' programme and how working with Noël will give you the practical and effective strategies and skills you need to bring out the best in your children and to help you achieve a calmer, easier, happier home life.

### The Next Steps

- Both parents together complete our background information form (one form for each child).
- You can then schedule your twice-weekly Skype parent sessions (45 minutes for each session).
- All parent sessions are for both parents together.
- Before the first Skype parent session takes place, at least three consecutive weeks of sessions need to be scheduled.
- You also need to schedule your first home visit to take place during the first month of the programme.
- You are required to read/listen to the first five chapters of Noël's book 'Calmer, Easier, Happier Parenting', which is available via Amazon.



### Additional Requirements

In addition to the Skype parent sessions and home visits, there are five supporting activities that you need to do each week:

1. After every session or home visit, each parent needs to email Noël a brief summary of what they plan to do based on the session, plus any insights they had. Noël does not usually respond by email to these summaries, but will discuss any questions or concerns in the next session.
2. You need to read/listen to one of Noël's books or audiobooks for about 20 minutes a day most days.
3. You are required to have a weekly date night, during which you may not talk about your children or about any problems.
4. You are required to have a nightly half-hour 'date', which needs to be without screens and without talking about the children or about any problems.
5. You need to have a fifteen-minute 'solution talk' with each other most days - Noël teaches you this strategy.

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### **Additional Services**

#### School Visits

When there are school problems that are not being sufficiently reduced through using the 'Calmer, Easier, Happier Parenting' strategies, Noël will visit the school to observe your child (usually for two hours). Immediately following the observation Noël will meet with both parents and your child's teachers together in order to share her findings and to recommend consistent strategies for home and school.

Ideally a school visit takes place before the first home visit so that your child will not recognise Noël and therefore will not be self-conscious about being observed. The charge for a school visit is the same as for a home visit.

The approximate fee for a school visit is £600.

This includes Noël's fee of £175 per hour plus her travel time at £50 per hour and travel expenses (usually a taxi each way).

With Noël's support for us as parents, we have been able to help our son to be his best self. Where previously his many positive traits were clouded by his inability to be flexible, his outbursts of anger, his immaturity and his unpredictable reactions to events, he is now calm, independent, confident, inquisitive, positive, productive and loving.

In turn, we have learnt lots of new ways of being and thinking that will be useful in many areas of life. We feel so fortunate that by going through the 'Calmer, Easier, Happier Parenting' programme our relationship with our son matches the ideal relationship we hold dear.

*T & M, London, UK - parents of one son*



### Terms and Conditions

#### Scheduling, cancelling and rescheduling: Skype sessions; home visits; school visits

*Notice of any changes or cancellations by either party should be made in writing via email, thank you.*

#### Skype Initial Consultations:

- Please schedule your Skype initial consultation with Noël at least 72 hours in advance.
- If you give us more than 48 hours' notice, we will happily reschedule your Skype initial consultation at no additional charge.
- If you give us less than 48 hours' notice, no refunds will be given. You will need to schedule and pay for a new Skype initial consultation.
- If you delay the start of your Skype call to Noël beyond 15 minutes from the scheduled time without notifying Noël, the initial consultation will be considered a missed call. No refunds will be given, and you will need to schedule and pay for a new Skype initial consultation.

#### Noël's 'Calmer, Easier, Happier Parenting' programme:

- You need to have at least three weeks of Skype parent sessions scheduled at any one time. This ensures you are more likely to get your preferred appointments, which in turn ensures that you get good continuity of support from Noël.
- You need to schedule your first monthly home visit at the same time as your first three weeks of twice-weekly Skype parent sessions. This ensures that you are more likely to get your preferred date and time.
- You need to schedule further monthly home visits at least three weeks in advance. This ensures that you are more likely to get your preferred date and time, and also ensures you get solid continuity of support.
- When you have scheduled your first three weeks of Skype parent sessions and first home visit, we will issue a pro-forma invoice for your first month of Noël's 'Calmer, Easier, Happier Parenting' programme. We need to receive 50% payment in advance on receipt of the pro-forma.
- At the end of your first month on Noël's 'Calmer, Easier, Happier Parenting' programme, we will issue you with an invoice for all Skype parent sessions and home visit taken during the month. Payment for the balance is due on receipt of this invoice.
- All further invoices will be sent to you on a monthly basis.

#### Skype Parent Sessions:

- If you give us more than 48 hours' notice, we will do our best to reschedule your Skype parent session for the same week. There will be no additional charge.
- If you give us less than 48 hours' notice, you will be charged the full fee. You will need to schedule and pay for a replacement Skype parent session, either for the same week or for the following week.
- If you delay the start of your Skype call to Noël beyond 15 minutes from the scheduled time without notifying Noël, the session will be considered a missed call. You will be charged the full fee, and you will need to schedule and pay for a replacement Skype parent session.
- *NB: for those parents who have twice-weekly parent sessions this may result in your having three Skype parent sessions in one week; for parents on weekly parent sessions this may result in your having two Skype parent sessions in one week, etc.*
- In the unlikely event that Noël might need to cancel a Skype parent session with less than 48 hours' notice, she will waive her fee for the next Skype parent session.

#### Home Visits:

- If you give us more than two weeks' notice, there will be no cancellation fee. You will need to reschedule your home visit at no additional charge.
- If you give us less than two weeks' notice, you will be charged the full fee. You will need to schedule and pay for a replacement home visit.
- *NB: rescheduling home visits may result in you having two home visits in one month.*
- In the unlikely event that Noël may need to cancel a home visit with less than two weeks' notice, she will waive her fee for the next Skype parent session.



## Noël Janis-Norton

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### School Visits:

- If you give us more than two weeks' notice, there will be no cancellation fee. You will be able to reschedule the school visit at no additional charge.
- If you give us less than two weeks' notice, you will be charged the full fee. A replacement school visit will be charged at the full fee.
- In the unlikely event that Noël might need to cancel a school visit with less than two weeks' notice, she will waive her fee for the next Skype parent session.

### Privacy Policy

- Noël Janis-Norton and 'Calmer Parenting and Teaching' collect client information to provide our services and for billing. We send messages sharing parenting tips sheets, parenting articles and upcoming parenting events.
- Noël Janis-Norton and 'Calmer Parenting and Teaching' do not rent or sell your name, address, email address, credit card information or any other personal information to anyone. We will not use your email address to send any unsolicited email. We will not share your information with any third parties.
- We will keep your information only for as long as it is relevant and useful for the purpose for which it was originally collected. HMRC require that financial records are kept for a minimum of six years.