



*Honest Information for Powerful lives*

## **Class List for 2024-2025**



I am excited to announce my 2024-2025 list of classes. The following pages define most of my classes and will give you an overview of the range of topics I am qualified to teach. Parenting, Teens, Grandparents, Psychology, Christian Life, American society and Personal Growth are just some of the topics I cover. I've used many of these topics as keynote speaker. I've also led conferences and taught a weekly series on these topics. I have taught court ordered classes as well as smaller groups like MOPs.

When I design a class, I approach it with the same pace and research that college level classes demand. Each class includes handouts, student notes and enough research to fill a two-hour course. I am working to turn all of these classes into books.

My classes are high energy filled with humor and authenticity. A bored student remembers very little. Q & A sessions are included with every class.

### ***You can't build a good life on a lie!***

*Trying to live with a lie is like trying to nail jello to the wall.*

It doesn't work!

All decisions must be made with honest information. A powerful successful life is not possible without an understanding of truth. I stand behind my work, my ideas and my conclusions. I study, research and use every possible tool to include truthful information in all my classes.

Have you ever attended an event hoping that the speaker would touch on your problem? Yet, you left feeling as though the event didn't meet your needs. To solve that problem, I don't make the final print for the class until the last moment. That way we can add all the information your unique attendees need.

For example, an event planner may ask for a class on discipline but may also need a portion of the class to touch on manners, grandparents and education. Every event is filled with attendees who do not share the same needs. I have designed classes that touch on specific needs yet have an overall agenda. My classes are fluid and can be combined or split to cover any event need.

I am a Family Specialist, a published author and a licensed minister. With a library of over 2,500 books and a growing list of professionals to call for advice, I research and compile information on contemporary issues. Honest information will always guide you to a better life. I am comfortable as an event speaker or in the pulpit as a Sunday special speaker.

These classes may also be tailored for time constraints or demographics. Whatever type of class or subject you need, I will make it happen for you. To schedule classes or an event, please e-mail: [debbie@debbiejansen.com](mailto:debbie@debbiejansen.com)



**Laura Mckenzie - Church Administrator:** *"Its been said that a good experience includes both laughter and tears. With incredible energy and heart, Debbie Jansen shares with her audience that experience. When it comes to parenting training, she had the audience taking notes and listening intently. At storytelling, she's the best! You will find that kids do more than 'say the darndest things' and enjoy identifying with her family's mishaps. At the same time, she quietly implores her audience to consider the incredible impact our choices have on our children. Debbie is truly a gifted communicator with an important message for parents raising the next generation."*

I recommend the following class as a prerequisite for the rest of my classes. *Honest Information for Powerful Lives* will set the stage for how you view new information and how you can tell if a speaker or teacher (including myself) is being honest with you.

***Honest Information for Powerful Lives*** - When an author or speaker does not include both sides of an argument, it's impossible to see the truth. Life is messy and many times difficult. Many influencers may boast answers, but before we commit to a plan those answers must be based on truth. Debbie embraces information and considers both sides of any issue before presenting a plan. It's the only way to be sure you won't face a worst problem down the road. She will give you a step by step plan to determine Honest information so you can have a Powerful life!

## **PARENTING CLASSES**

Parenting is not as scary as most think. Once you know how to find clues to your child's problem you are on the road to success. Once you are aware of the physical, mental and emotional needs of your child, guiding them to a bright future is possible. Parenting can be the most enjoyable and rewarding time of your life.

\* A practicum is a class that includes a specific allotment of time to actually practice the skills that have been taught.

**The Power of Parenting** – Many parents groan and complain that it's useless to mentor their child. Debbie will show you how remove the negative in your parenting style and replace it with successful parenting that will produce children who will change the world. She will not only inspire you, she will teach you how to inspire your child and give them the tools they need to be a strong influence for good.

**Principles of Parenting** – Debbie will help you design a parenting plan using tested principles for success. She will teach you the basics for communication, discipline, and family dynamics. "You can not raise a healthy happy child by using society's latest fad.



Debbie's principles are proven to work. You can help your child be successful. You have the power to impact our society now and in the future.

**Children can be fun!** - Many contemporary adults avoid children after watching friends suffer with bratty kids and screaming babies. It doesn't have to be that way. Debbie believes parents have been sold a lie. Children can be mannerly, loving and fun. Babies don't have to cry all the time. Toddlers can be taught to avoid temper tantrums. Teenage rebellion is not mandatory. Debbie will share the secrets to raise great kids, less drama (even zero drama) and a home filled with love and joy. We all make mistakes but if you have a plan, those mistakes will be few and far between.

**Cracking the Code to your Family's drama** - In this class Debbie will teach you how to be a Mommy/Daddy detective. A detective does not invade the personal space of their child, but rather seeks out the clues as to "why" their unacceptable behavior is happening. You can help your child deal with problems and remain calm and disciplined. Once you discover the basis for their actions, solutions will follow. Debbie will also explain how to design a behavior modification plan that will take your home from chaos to calm.

**Mommy/Daddy Detective maps** - Debbie engages the audience with mind maps. She will teach you how to use mind mapping to discover the clues to your child's problems. Using multiple examples and prompts from the attendees, Debbie will teach you how to pinpoint the most difficult issues you face. She gives examples on how to develop an interactive map and a plan that works for your unique family. A one size fits all plan rarely is successful. Debbie's plan decodes your problems and reveals how to implement your unique goals.

**Babies ages 0-3** – Babies take in more stimulus in the first three years of life than any other time. Debbie moves as fast as your toddler to include the following topics: One day potty training, temper tantrums, child proofing your home, education, daycare, personality development, illnesses, grandparents, and social development. You can help your growing child become successful by giving them a powerful first three years.

**You and Your Baby** - Debbie loves babies! This class will give you everything you need to know to keep your baby healthy and happy. Debbie's handouts include a list of first year milestones and expected dates. She covers the physical, medical, mental and emotional needs your baby will have in that first year. And best of all, she will show you how to have fun with baby even during difficult work days.

**Developmental stages of Children 0-12** – Debbie believes you can avoid a lot of future problems if your parenting is age appropriate. She discusses all the physical and mental changes a child may encounter from birth to twelve years of age. Debbie's handout includes each change you can expect and the proper response to those changes.



**Discipline Exposed** - Taken from her book, *Discipline Exposed -Surviving Fried Worms and Flying Mudballs*, Debbie explains how you can help your child accept discipline. Discipline is NOT getting your child to do what you want, when you want it. Real discipline is a way of life. When your child embraces discipline and couples it with their own personality - it becomes the most important gift they will ever receive. It will produce success, character, better relationships and a chance to have the best life possible. It is not harsh and does not have to destroy your child's creativity. Discipline doesn't have to be a source of stress. Learn how to stop the fighting and give your child a disciplined life that will bring him/her peace and great success.

**The Myth of the Terrible Two's** – Why are some toddlers a menace and others aren't? Can you prepare your child for a smooth transition? Absolutely! Debbie will prove that TWO is fun and not just a stage to be endured. Her handouts include a detective chart of 150 reasons for temper tantrums.

**Manners for Toddlers** – practicum. This is one of Debbie's favorite classes. After a one-hour class for parents, Debbie leads a practice time with you and your children. Together she teaches you how to train your children to exhibit social skills at home and in public. She has a plan that will make eating out with children - fun!

**Allergies & Anger in Children** – Debbie believes we all live in a chemical world. Even carpet can release chemicals into your home. Food can cause allergies and anger is usually the response. Debbie shows you how to track down the elements that could be causing allergic reactions. Those reactions may be the cause of emotional, physical and mental issues for your child.

**ADD, ADHD and other Chaos builders** - Debbie discusses the causes for ADD, ADHD and other chaos builders and gives you a plan to recognize and control hyperactivity without medication. Yes, there are cases of true medical ADD and ADHD that may need medication. But with over 9 million children medicated every day, it is probable that a majority of those cases are caused by misconceptions in the parenting role. Debbie can help you discover the clues to your children behavior as well as a plan to solve their issues. Behavior Modification does not require medication and can provide protection from future medical and social complications. Debbie's compelling research will guide you as you deal with today's problems and also protect your child's future.

**Parents need love too!** - Parents are busy with work, marriage, school, church, lessons and kids. Do you often feel you have no rights at all? Debbie can show you how your personal self-esteem is the most important gift you can give to your family. When mom/dad is happy - everyone is happy. Debbie reveals a list of rights and self-esteem musts for every family. She will teach you how to acquire your child's respect.

**Tech War vs. Children** -Technology is a major threat to our children. Debbie designed this class around Nicholas Kardaras' book, *Glow Kids*. You will be amazed at how a child's brain changes while in front of iPads, iPhones and other technology. If you are



concerned about Mrna vaccines, *Glow kids* will trump that fear. Learn why Steve Jobs - founder of Apple products - refused to let his own children have technology. There is scientific proof that technology is able to change brain matter. Debbie will give you all the facts and show you how to protect your child and their future.

**Communication, the key to a happy family** – Debbie believes Communication is the best path to a happy family, a successful education and a better life. Strong families, Faith, businesses and marriages are built on communication. Debbie will explain how to communicate with your child, resolve differences, and make your point without losing respect.

**Medical Doctors and Psychologists** – Debbie believes your family will experience greater success when you know what doctors know. Ten different doctors will produce 10 different diagnoses. You don't need to be an MD or a PHD to know how to recognize truth. Debbie takes the top issues facing children today and explains how you can tell if your child needs medical or psychological intervention. Her handout includes questions to ask your doctor to determine his/her expertise and point of view.

**Are you raising an addict?** Over 9 million children in America are receiving drugs that are not approved for children under 18 years of age. No one knows what damage these drugs are doing to our children's minds and bodies. Like guinea pigs they are being sacrificed. We now know that Covid vaccines caused massive damage to little bodies. Debbie will give you the statistics on how prescription drugs may be changing your child's body and brain. Those changes can cause them to be prone to other mental and physical issues. You don't have to sacrifice your children at the alter of unapproved medication. Debbie has a better plan.

**Development of the Teen/Adult** – Counseling with troubled teens can be difficult. Their problems are often linked to the changes in social, mental and personality development. Navigating today's teen world can be frightening. Debbie discusses proper parental responses that will lessen the drama and slamming doors. She will also explain how to avoid re-living your life through your teen and instead celebrate their unique gifts.

**Fighting the influence of outside Sources** – Debbie uses many sources for this class including ***Abduction - How Liberalism steals our Children's Hearts and Minds*** by Feazel and Swain. Debbie discusses the lies, indoctrination and push to impact our children with activism. Debbie tackles the push of some educators to brainwash the minds of our children and wipe out the values they were taught at home. Ripped from the headlines of today Debbie will explain how loving children are targeted with indoctrination that literally rips their heart away from the families that love them. Debbie explains how to raise disciplined children in an undisciplined world. You can protect your children and give them the tools they need to fight against negative social influences.



**Increase your child's grades with manners** - Debbie taught this class at an Akron city school that reduced violent behavior by 95% when they established a Manners program. Manners use the same neuron-pathways in the brain that are necessary for learning. Manners and good discipline are partners in your child's education. Manners can boost your child's ability to sit, to listen and to follow directions. It's hard to be violent when you are being rewarded to be polite. Manners can make school a calmer place so teachers can work more efficiently. Manners can be a life changing force for your children.

**Public Education vs. the needs of your child** – With the problems in America's public school system, Debbie recommends taking your child out of public education. If you can't afford private school and you don't want to homeschool, Debbie will teach you how to fight for your child in public school. Learn the "current" goals and legal limits of the public school system. You will receive a handout that outlines your legal rights. This class includes "Parent Teacher conferences and how to protect your child." **It's important to align yourself with the support of a larger group as you fight for your child. I recommend Moms For America. They will keep you informed and support you in your fight. [www.momsforamerica.us](http://www.momsforamerica.us) Join for free today!**

**Your child's Education** - Debbie believes education is the Key to a successful life. In this class she explains how to be involved in your child's education without disrupting your daily schedule. Debbie's ten step plan will give you tips on how to inspire your children. You can take your child from laziness to higher grades.

**Building permanent self-esteem in your children** – Low self-esteem will affect every relationship or decision in your child's life. Debbie gives you a plan that will help your child build a strong self-esteem so they can reach their goals.

**Anxiety, Stress and depression in Children** - Parents are the best medicine for children facing anxiety, stress or depression. The ultimate key is to know how to use your parenting power to develop a strong plan that will cure your child's susceptibility to these issues. Debbie helps with a parenting check list to guide your skills and provide strong life long resilience to these issues.

**Rebellion Ages 1-5 study with practicum** – Rebellion is born from frustration and misunderstanding. Debbie explains how to recognize the difference between personal independence and true rebellion. Debbie uses an interactive mind map to help you control toddler tantrums and ultimately teen rebellion. Using Debbie's plan, a disciplined toddler will be less likely to experience teen rebellion. She also shares a plan for rebellious teens. Debbie will help you control the rebellion and replace it with a strong family bond.

**Rebellion ages 5-14 study with practicum** – Debbie's chart on causes of rebellion has over 55 entries. Yet, she has a plan to help you keep the drama of rebellion out of your





home. Debbie explains how to deal with peers and maintain a strong bond with your child.

**Rebellion ages 15-18 study with practicum** – By age 15 your job of training has almost ended and your new pre-adult relationship is beginning. Debbie will show you how to keep your influence strong while allowing your child to stretch into adulthood. She will prepare you for a great adult relationship with your child.

**Morality, Virtues and children** – America has lost her moral compass. Debbie shows you how to use word pictures to present morality without arguments, stress or aggression. She will give you a plan to help your child stand strong when his/her morality is questioned.

**Preparing your child for the Christian Faith** – Debbie believes your child will first see God through your life and your eyes. Exposure to church is not enough to insure your child will be Christian. Debbie will help you inspire your child's desire for God.

**Building a strong Heritage** – We all need to belong. Either you give your child a heritage or the world will fill the void. Debbie shows you how to turn any family tree into one that will give your child a strong self-esteem and sense of heritage.

**Help your child make good decisions** – The most damaging parental mistake is to play the role of "Controller". Because the world is a dangerous place and mistakes can define a child forever, good parents have a hard time letting go. Debbie will show you how to help your child learn responsibility, how to search for the truth and how to make wise decisions. There is a process and a check list for good decisions. You can teach your child how to have fun while developing their decision making skills.

**Social behaviors that will make your child successful (age 0-18)** – Bullies are children who don't know how to fit in. Being social isn't about the newest fad. Having friends includes social graces, conversation, hygiene, dress trends, manners and a kind heart. Debbie will prove that families can have fun while building good relationships. She will also teach you how to help your child identify "true" friends and how to be successful in social situations.

**Your Dating Teen**– Teen Dating is often frustrating to both parent and child. They want to have fun while we worry about safety. With a few unique plans, dating can be fun for everyone. Debbie explains the real goals of teen dating, how to be the parent kids respect, and how you can help your child have fun while dating. You can enjoy the process without fighting with your teen. This class covers Teen dating only.

**Children & Chores – responsibility can be fun** – Yelling won't get the job done. Debbie's can help you accomplish the work without alienating your family.



**Encouraging Relationships** – There are a lot of reasons relationships can feel complicated. Debbie shows you how to dissect each relationship and build a plan to go forward with confidence and less drama. She will also show you how to teach those same dynamics to your children so they can experience healthy relationships.

**Make your family an exciting place to be!** – Most troubled teens begin their downward spiral because of negative influences in social situations. Yet they rebel against helicopter parents. Debbie will teach you how to make your house a magnet for your child and their friends. Being the fun house will keep you involved with your child without the stigma of prying. You can become the adult everyone wants to talk to.

**I have no time – my child is in trouble now!!** – 2 hour question and answer practicum. Debbie will take the hot seat and answer any and every question she can in the allotted time. She will give practical ways to solve the problems you have.

**Children and money** – Money is the #1 cause of personal depression, divorce and crime. Debbie explains how to teach your children the value of money. She will show you how to stop fighting over “wants” and build an acceptable family plan that will meet each person’s needs. You can help your children avoid loss of self-esteem based on money.

**Housewife Blues** – It is possible to survive children, a job, housework and social work. No, you don’t need a lengthy hospital stay. You can learn how to deal with Super-Mom and Superman Dad depression without going on strike.

**Have a Goof Proof Holiday** - It’s hard to juggle work, school, holiday programs and all the traditions you would like to observe without going crazy. Add the excitement and often bad behaviors of child anticipation and you might find yourself hiding under the bed. Attend a family gathering while watching your child have a meltdown can send you over the edge. Debbie has a plan! You can be prepared for all those uncertain situations, avoid the meltdowns and have a holiday you’ll want to remember.

**Mentoring, boundaries and relationships with extended family and friends** - Debbie will show you how to set boundaries without losing the respect of those who want to be with your children. She will help you set “fair” boundaries for everyone.

**Blended Families** – Blended families make up 75% of our society. His, mine, yours, ours, their children – it’s not only confusing but frustrating. Debbie will help you brainstorm and find a plan that fits your unique situation. Unique personalities, hurting hearts, disappointments and past situations can make you feel like war is brewing. Debbie can help you find true lasting peace.

**Violent Children** - There are over 200 reasons our children are more prone to more violence today than ever before. Debbie explains how to prevent violent behavior in





your home and how to prepare your child for a violent playground. She also teaches how to have a strong bond that will keep your child close and safe.

## FOR TEENS

**Parents are just weird!**— Debbie dresses like a teen to lay out the case for weird parents and how teens can love them. Debbie uses humor to help teens find acceptance and peace with parents and other authorities. Be prepared to get a little wild as Debbie leads you into a better family relationship.

**Everyone can be a popular Teen** – Do you envy other teens who seem to have all the luck, dates and fun? Debbie will show you how to get out there and have a ball. You can achieve your dreams without sacrificing your personality. Be prepared to laugh and shout!

**I Don't Want to Grow Up!** – Becoming an adult feels boring. Work, get serious, stop having fun - who needs it? Debbie will show you how to become a “fun” adult. Debbie believes you can be yourself, you can be creative, you can determine your own future and you can love life all while becoming an adult. She will show you how to make the most of physical and mental changes and how to relax in your new skin.

**Why Am I Here?** This class is for parents and children who worry that gender dysphoria is real. Our children are being groomed to hate their bodies. Debbie gives you information, exercises and helpful handouts that will lead both parent and child to understand our God-given purpose for being here.

**Romance, Butterflies and the Big Bad Wolf** – Debbie believes that dating can produce some of the best times of your life. She will show you how to plan and control the power of dating so you spend less time crying and more time laughing. She will show you how to find meaning and purpose in the dating process. This class also includes how dating impacts others and prepares you for adult relationships. Debbie will share a small part of her class ***Who you marry will change your life.***

**Teens just want to have fun!** – Does it feel like your life is boring! Teachers, Parents and other adults don't seem to understand how much you “need” to have some fun. Is your new favorite response, “Hey mom, lighten up!” Debbie will show you how to please parents and still keep boredom, homework, lazy days, no dates, social stresses and church in perspective. She will help you design a plan to spice up your teen life!

**The Dark Side - anxiety, stress, depression** - Debbie identifies with teens who feel anxiety, stress or depression. This class includes role-playing that will lead teens



through emotional issues. Debbie's handouts include helpful lists and success stories of other teens who were strong enough to "fight the dark side".

## LOVE RELATIONSHIPS

**Finding the "forever" kind of Love** - In the first hour Debbie will convince you that real love is forever. Fairy tales aren't realistic but they can provide attainable goals. Debbie will show you how to avoid divorce by finding the forever love you deserve. In the second hour Debbie explains "**Who you marry will change your life**" That can be good or bad. Debbie will give you all the red flags that could possibly sabotage your love. She will help you avoid pain down your new highway to love.

**Premarital Training – What your friends won't tell you** – One in three couples will divorce. Debbie goes beyond premarital training and *tells all* about difficult relationships. Be prepared to be shocked, to laugh and to open your heart to real love.

**10 rules of marriage that should never be broken** – While some people use a bazooka on their marriage others just punch holes in the foundation of love. Debbie will show you how to build a strong foundation that will sustain your marriage through any problems life may present. She will help you with a plan that includes boundaries and provides that *Happily Ever After* possibility.

**Help, I'm a newlywed and unhappy!** – It isn't easy to blend two unique people with different experiences, habits and goals. 15% of newlyweds divorce by the end of their first year. Debbie will show you how to bridge the gap between expectations and truth. When daily habits hide your love, Debbie will give you a shovel and help you find the love once again.

**How to make a marriage work for more than 40 years** – "He was so fun 20 years ago. She was so loving when we first started out." It's easy to relax and allow your marriage to become boring or stale. Debbie will show you how to create a deeper love that is not based on circumstances. She will show you how to overcome problems, revisit romance and have a ball for the rest of your life.

**Ewe!...Parents and Grandparents can be romantic!** – Debbie believes romance is forever. Do you wish you could think of fun, silly or even exotic ways to spice up your marriage. Debbie gives a long list of fun ways to say "I love you now more than ever." She will show you how to be romantic with your spouse even when life is hectic. If life has become dull or the kids take more time than you expected - this class is for you.



**Wonder Woman and How she loves** – Debbie believes that women can change the tone of any home. Being your best will change your world. You often manage the daily schedule as well as the emotional well being of your family. Debbie will show you how to be a loving powerful woman that guides your family with love, understanding and hope.

**Superman and how he loves** – Debbie believes that men lead with strength. While every family needs a strong leader, that strength must be tempered with understanding and kindness. Debbie will show you how to be a leader without hurting your family's self-esteem. Respect leads to success and Debbie will show you how to gain the love and respect you desire.

**Who's in control and why?** – Every personality in the family unit has an idea on what should be done. Every personality has it's own niche in your family. Arguments flourish as each participant fights for their beliefs. Debbie understands how to take those differences and turn them into advantages. Debbie will show you how to be calm and fair while you discover plans that work. Debbie will explain how you can make compromises and joint decisions that will protect every opinion.

**Strong Marriages support kids** – When couples have children before they have addressed negative issues in their marital life - children suffer. Debbie will show you how to be prepared for children. She will also discuss how to strengthen your marriage even if you had children before you were ready.

**Self-esteem in your marriage** – Do you often feel like your marriage is draining your self-esteem? Debbie will show you how to protect your own self-esteem while building self-esteem in your partner. She will give you ways to build your own self-esteem even when it feels like your spouse pulls you down. Marriage hurts unless both spouses feel safe and affirmed.

**How to spice up a boring life – 1/2 practicum** – You spouse is wonderful, your job is good and your faith is in place. The kids are excited to be with you and you have friends. But....you continually think..."Is this all there is?" Debbie will show you how to restore fulfillment and fun in your life, your marriage and your children. Life should be exciting not just endured.

**Help! My spouse is difficult!** – Debbie believes it is possible to love your spouse and still dislike their demands or difficult personality. Debbie also believes it is possible to cope with difficult people. She will show you how to understand them, prevent outbreaks and even find a path to romance.

**Scriptures Against Abuse** - Taken from Debbie's book, *Scriptures Against Abuse*, Debbie shares over 150 scriptures that teach against abuse. If you are experiencing abuse, don't believe those that tell you it's God's will that you suffer. Suffering for God must have a heavenly purpose. It is not scriptural to suffer due to another person's sin.



Debbie will lead you through the darkness and help you see that God loves you, He cares, and He does not approve of abuse. These scriptures apply to relationships of all kinds - marriage, parental, siblings, co-workers, pastors and more.

**The Messy world of Adult dating** – Misunderstanding the dating process can lead to abuse, disappointment or divorce. Debbie will show you how to see the red flags that make it impossible to have a lasting relationship. She will show you how to date with a goal and find your “perfect” fit. (Designed for College & Career or older)

**Love yourself so you can love others** – If you find it difficult to love those around you, perhaps you don’t like or love yourself. Debbie will teach you how to love who you are, build your own self-esteem and enjoy the relationships you desire. She will help you avoid the sub-conscious prompts that sabotage your relationships.

**Anger Issues** – Is there a proper time to get angry? Do you have the right to insist on having your way? When is it right to voice your opinions? Debbie explains the good and bad of anger. As the scriptures instruct us, Debbie will explain how to “be angry and sin not.”

**There’s no hope, now what do I do?** – Sometimes love relationships are destroyed beyond repair. Debbie is always heartbroken watching good people realize it is time to let the relationship go. In this class Debbie may cry with you, but she will also be compassionate when discussing reality vs. options. Debbie will help you find ways to move to a healthier emotional place. She will help you learn to be calm even when your world is upside down.

**How to survive Divorce** – 1st hour for parents, 2nd hour for children. Debbie has a plan to help you accept, forgive and begin again. She teaches parents how to look beyond their own grief and see the needs of other family members. Through games, charts and word pictures Debbie can help children move through their grief and accept the new reality.

### **The Over 35 Crowd**

**Grandparents are cool!** – Do you feel left out now that arthritis has moved in? Do you stay silent because you don’t understand the newest technology? Debbie understands and will help you become a major influencer in your family. Even if you don’t know a computer byte from a dog bite, you can converse with your children and grandchildren. By using a few of Debbie’s tricks you will be loved and appreciated. Debbie will explain how to share your heritage and when to step out of the role of parent. She will give you tips on having fun and how to encourage with laughter. Yes, you can even be a loving in-law and gain the respect you deserve.



**How to grow old gracefully** – Life moves faster every year. If you feel left behind, abused and misunderstood, Debbie can show you how to enjoy your family without feeling like a burden. She can help you spice up your life and get rid of loneliness and anxiety separation. Building an exciting life now will help you down the road when the wheelchair becomes your best friend.

**Senior Citizens are Fun!** – Life is not over at 55. Debbie will show you how to be creative, exciting and loving. She will help you find a purpose that keeps you jumping out of bed. Cheap travel and some medical issues will be discussed.

### **Financial Planning**

**Beginning financial security** – Finances cause more arguments than anything else. Debbie will show you how to plan for purchases, financial security and disasters along the way. She will help you put a red hat and yellow balloons on realistic financial goals. Having fun with your goals is a must to being financially secure. A must-do class for newlyweds.

**How to avoid fighting over money** – Debbie will show you how to “lovingly and sweetly” say no to your spouse and their desires. She will explain how to save by evaluating wants vs. desires. Her fun tips will help you keep finances from destroying relationships. This class also includes “Our finances are out of control – now what?” Learn how to dig your way out little by little without going crazy.

**Avoid Financial Depression** - Do you feel poor? Does that feeling keep you angry and upset? Debbie will help you see that money is not the answer to every problem in life. She will discuss spending addictions and how to avoid them. She will show how spending habits can be related to inner stress.

### **Personal Growth**

**Freedom from your past** – Do you feel weighted down by hurts and disappointments from your past. Debbie will help you recognize when your past is controlling your future. She will show you how to be truly honest with yourself and your feelings.

**Basic principles of goal setting** – I want to be a success but I can't seem to stick to the plan. Debbie has a plan that will help you make realistic goals and stick to them. She will show you how to start over without guilt. Debbie will give you the tips you need to properly judge your work ethic and make goal-setting fun.

**58 Steps to Honor** – Debbie believes character is the difference between a mediocre life and a life filled with fireworks. She will teach you how to overcome weakness and be a person of strength that commands the respect of others. She will show you how to be a mature person (no matter what age you are) that will receive the deserved admiration of others. Includes the booklet - 58 Steps to Honor.



**Making a difference** - Do you wonder why you are here? Do you feel like your life doesn't matter? Do you feel like a stranger in your own skin? Do you often wonder if you are just moving through life on a treadmill with no passion and no inspiration? Debbie believes we can't relate to others on a mature level until we know who we are and why we exist. She will help you find your unique purpose in life. Debbie believes that everyone has a miraculous life inside them. Difficult situations and relationships can cover our abilities. Debbie can show you how to become a powerful person who changes the world!

**How to make life decisions** – The good life is full of wise decisions. A terrible life is filled with terrible decisions. Good decisions/bad decisions - how can I know which is right? Do you feel like you are your worst enemy because of your bad decisions? Debbie will show you how to investigate problems, research options, consider the possibilities and make decisions for success.

**Filling your life with friends** – To make friends, you must be friendly. For some of us that doesn't happen easily. Debbie will show you how to reach out to others. She will give you a plan for making friends, creating fun situations and building relationships that will last a lifetime.

**When life is not fair** – Debbie understands pain. She has been there, done that and won the T-shirt. After sharing an experience or two, she will guide you through uncomfortable situations and give you a plan to help you move past divorce, betrayal, abuse, death of a loved one and other tragedies. Life is not always fair but it is more than just survival. You can learn to cope with your feelings and return to a life worth living.

**How to free yourself from depression** – Doctors love to prescribe medication but often your problem only shifts from depression to addiction. Debbie will share psychological and medical theories so you know what doctors believe. She will teach you how to work with your body and mind to free yourself from depression, anxiety and other issues. Even if you feel a prescription is the only temporary answer, Debbie will teach you how to get better sooner and get off the meds.

**Working 9-5** – The contemporary workplace is almost as dangerous as high school. Debbie will show you how to deal with difficult co-workers. You don't have to be a doormat or the office clown. You can ask for and receive respect as you do your job. Learn when to hold on to your job and when it's time to walk away.

**How to be the person you want to be and have the BEST life!** – We often feel like one person on the inside and another person on the out. One is who we want to be and the other is who we are. Debbie will show you how to break out of the dual cycle and be one wonderful person!





**Compassion and Self Hate** – This course is based on a book by Dr. Rueben. Debbie will give you insights that will liberate you from guilt, inner turmoil, depression and self-inflicting abuse. She will help you build a life plan of self appreciation rather than self loathing.

**How to tell if you need professional help** – Do you worry that you are a little bit nuts? Do you wonder if you are going to slip over the edge and they will have to take you away? Debbie believes we are often so overloaded that we convince ourselves that no one else would act like we do....therefore we must be nuts. She will discuss the signs of true clinical problems vs. normal issues. Debbie will help you see the difference between a psychological problem and a basic need. She will help you design a plan for mental health so you can stop worrying and start living. Failure to succeed is easy to fix as long as you have a plan. Debbie will help you move from depression and inactivity to solutions and success.

**Anger Issues, Stress, more anger issues...what can I do?** - We live in an angry society. Sitcoms show anger, reality shows are angry, politics are filled with anger and Hollywood produces a university of anger. Many ignorant behavioral professionals advise, "better to release anger than to control it." Debbie believes anger and stress go hand in hand but it can be controlled. She will show you the positive side of anger and how to control the dark side. Anger and stress are like fire. They can create passion and success (warmth) or they can destroy you. Learn how to understand anger, how to stay in control and how to rid yourself of stress.

**Addictions** – Debbie will share a comprehensive list of addictions, their side effects, their dangers and their life long consequences. She will not only teach you how to avoid them, she will give you the voice to speak out against them.

**I'm a wimp about my life, help!** – Do you feel out of control, that your life has no direction as if you are floating on the wind? Debbie will show you how to take charge of your life and your feeling of inadequacy. Debbie gets passionate about this process so be prepared to get a little crazy!

**Physical Self-esteem** – Debbie has fought weight for decades. She will show you how to properly access your weight goals, be fit even if you are overweight and to be the person God designed you to be. Don't buy into the media standard for looks. Learn physical self-esteem and how to be happy about the real you!

**Surviving Grief** - Losing a friend, a spouse, a person you love, a business or even a sweet animal can cause suffering, anxiety, stress and a deep pain that just won't go away. Even the strongest person can be brought down by grief. Children are the most susceptible to the devastation of grief. Debbie will guide you through the process of living with Grief. She will give you the tools you need to help your children deal with grief. No one can determine how long it will take to feel better, but Debbie can give you the information you need to make your way down the path to a more normal life.



## **My Christian Walk**

**How do I know for certain that I'm saved?** – Do you feel guilty and wonder if you are saved and if God really loves you? Debbie shares a long list of scriptures and examples. She will show you how to stop the guilt that robs you of peace. Judgement is part of God's plan of salvation but it must be kept in HIS perspective or your relationship with Him can become sick and diseased. Remember He is our *LOVING* father.

**What should I expect from my pastor?** – Your pastor is an earthly example of The Good Shepherd. Debbie will explain the biblical role of pastors, their authority and their roles as your leader. Your Christian experience will be forever changed by the sermons you listen to every week. Debbie will help you see God's perspective on pastors so you can relax knowing you are free to accept your pastor's authority and trust him as your leader. She will also explain how you can help your pastor reach the goals God has for your church body.

**What are my responsibilities as a Christian?** – Debbie believes that being saved is only the beginning. Loving Christ is also something you do every day. She will help you understand God's plan to be a Christian at work, school, home and with your friends. Debbie will help you design a plan for your life that highlights your relationship with Christ. She will show you through scriptures what God admires and what he wants from you. Debbie will help you give back to God the best way we can - through our actions.

**How can I know God's will for my life?** – The Christian can be successful in business, in relationships and with his/her family and still be miserable. There is a longing in each Christian to accomplish something bigger than this life of existence. Knowing you are following your God-Given plan will affirm your very existence. Finding that plan can feel like an unsolvable mystery. Debbie will unravel the mystery and show you how to find *God's perfect will* for your life. She can help you make sense of your life and your goals so you can see God's hand in it all.

**Saving the World** - When you face God will he say, "Well Done!" or will He ask, "What Happened?" God has a wonderful life for every Christian. Sometimes that life is hard and sometimes it's exciting. Difficult situations can send us down the wrong track. Debbie will show you how to recognize when you are drifting away from God's plan. She will give you a list of questions to ask so you won't be distracted from the best God has for you.

**How to help those who are hurting** – You feel great but those around you are hurting. You want to help but you wonder if they will be angry if you try. Debbie can show you how to help hurting people without hurting their self-esteem or making the situation worse. She will give you a plan that will open doors and yet reveal when some doors need to be left alone.



**Is God real?** – Yes! Our society has tried to cover God with a mountain of scientific babble. Debbie will share physics, science, personal and Biblical testimonies that offer proof that God is real.

**The real crisis of Christianity** – Our society is falling apart. We need the church and the saving power of God more than ever. Yet our churches often are more concerned with marketing and show than with the power of God. Has the church become more interested in what people want than what God demands? Is the church offering God as the answer or a new program as the answer. Many churches resemble nightclubs rather than the “light” of God. Debbie grew up in the church and loves God’s purpose for the church. She will discuss how to recognize contemporary problems and preserve the power of God as we move forward. We must fight against New Age Philosophies.

Debbie has a plan on how to move your church forward and bring real revival to America.

**Who Is Satan?** – Most contemporary Christians have no idea who Satan is or what he can do. You cannot fight what you do not know. Satan is present in the routines of our lives and he knows what buttons to push to derail our Christian experience. Debbie will show you how to recognize Satan and stop the influence he has over your daily life.

**Surviving hurts from other Christians** – One of the worst problems in the church today is fighting, gossip and improper behaviors. Debbie will help you recover from being hurt by a fellow Christian. She will help you design a plan that will close the wounds and leave the hurts in God’s hands.

**Satan’s War on Your Brain** - There is an all out winner take all spiritual war for your brain. On one side all the forces of evil are working overtime to change your thoughts, your beliefs and your actual brain matter. Satan knows if he can control your brain - he can control your life and destroy you. On the other side is all of Heaven asking you to trust God, to resist evil and to remember....”As a Man thinks, so is he.” Debbie will show you how to protect your brain and join God on the winning side.

## **Our Society**

**The Roots of Violence** - Debbie uses a detective mind map to show over 200 reasons for the violence in our country. Most of those causes are self-inflicted. She will discuss as many as possible in the allotted time and leave you with a strategy for researching others. Together we can make changes in our society that will reverse the growing violence in our country.

**Freedom and Free Speech** - We are losing our Constitutional protection for free speech. This class is more interactive than others. After Debbie explains our rights and



our protections for free speech, she will open the class for a discussion of what we are facing and how we can reverse this loss.

**Government, Grits and You** - Why do we have a government? Why can't we all just live and let live? Debbie discusses what we need from the government and why some of their programs hurt more than help. Government seems to want to control everything - even your choice in foods. How can we keep government in the right place and still maintain the freedom we all desire? Who should be doing the work that is falsely imposed on the average American. Can we make a difference in our society without a bloated government?

**America's Contemporary Cancer** - Americans are dangerously turning away from the history that made this country the best in the world. Too many citizens have become spoiled, lazy and uninterested in building a better society. They know nothing about world affairs and are only interested in what they can get - not how much they can give. They can be fooled by any fast talking villain who wants to enslave them. If we don't stop the apathy of our citizens, America is on the brink of being destroyed from within. Debbie discusses a plan to cure this dreaded cancer and ensure our freedoms will continue.

### **Event Planners**

The following topics are short very humorous talks. They are samples of the kind of side splitting comedy Debbie can provide for your event. Each talk will be tailored for any time constraints. Every talk ends with an inspirational take away.

**What's in your purse?** Debbie carries a large purse with items that remind her of personal humorous stories. Like the time she brushed her teeth with Hemorrhoid cream. Yes it was a mistake!

**The Lighter Side of Chaos.** This talk has as many humorous family stories as Debbie can recount in the allotted time. It includes the hilarious vaseline story. Debbie's toddler twins empty a ten pound jar of vaseline all over their room.

**Kids, Chaos & Romance.** Debbie believes that even during the stress of children and work, couples can still be in love and find romance. No, she didn't blow up the car on purpose.



**What's wrong with takeout?** Have you ever been too tired to cook? How about too tired to be a mom. Ever wanted to retire to the hospital? Ordering take out at a fast food where no one can speak English might come with surprises.

**I live in Looney Tunes Acres.** Caregiving is heartbreaking. Alzheimers, dementia, hallucinations, choirs in the bathroom and fighting squirrels left me praying for relief. Sweet hugs and moments of bright eyes filled me with love.

**Who keeps hiding my keys?** Stress, work, chaos and/or getting older can make you paranoid, forgetful or frustrated. Buckle your seatbelt for a humorous rollercoaster ride through life with it's up's downs and crazy curves.



Debbie has designed the following classes specifically for schools, small groups and events. They are designed for ages 5-18 and are only 30 minutes long. These classes are divided into appropriate age groups.

These classes are high energy, fun and will keep the attention of recommended age groups. Be prepared for Debbie to be extremely animated, full of energy, loud, surrounded by props and totally in the mindset of the age group she addresses. Debbie will also design a unique class for your specific needs. Any regular class can be adjusted for time and age.

### Ages 5-8

**Adults are weird!** *No matter what I do it's wrong. They are always fussing and I can't do anything right! I get so mad!* Debbie dresses as a little kid and uses role playing to help kids see what moms, dads and teachers see.

**I've never seen a germ.** How can a child believe in things he/she can't see. Their frame of reference just doesn't support that kind of belief. Debbie talks with a pet germ to prove the point that even when we can't see something - it might still be real.

**I want it and you better give it to me!** Debbie tackles temper tantrums from a child's point of view. She leads them to see their tantrums like parents, friends and God sees them.

**Lions, Tigers and Bears - Oh my!** Debbie teaches Children that learning makes you a fearless warrior that can save the world.

**Happy Book Club** - Debbie uses 5 students from the audience to play the "ooey-gooney" game. She uses the game to illustrate how we can protect our brain, have more fun and be better in life if we develop a "happy" attitude.

### Ages 8-12

**Adults are weird!** *No matter what I do it's wrong. They are always fussing and I can't do anything right! I get so mad!* Debbie dresses as the cool kid and uses role playing to help kids see what moms, dads and teachers see. She kicks this class up a notch to appeal to children just settling in to the role of making friends at school.

**No way! Who says?** Children of this age are often confused about what to believe and when to be skeptical. Debbie uses a lot of props to help children determine the truth hidden in several scenarios.





**Good guy-bad guy, who are you?** Every child gets a good guy and a bad guy badge. Debbie uses the power of crowd strength to help children see how others view their actions.

**Who's the geek?** Debbie brings a list of famous people and reveals what they were like in school. The kids determine who had the best life, the kid who wouldn't study or guy who made a million.

**Why do I need Jesus?** An age appropriate talk about salvation and how Jesus can help you have a great time at school.

**Are you a Jedi or A storm trooper?** A lesson on how to fight Satan. If you follow Jesus, you are a Jedi and nothing can harm you. Debbie uses children from the audience and light sabers to prove her point.

**Miracle Worker** - Debbie uses 5 students from the audience to play the "mountain builders" game. She uses the game to illustrate how we can protect our brain, have more fun and be better in life if we develop a "happy" attitude.

**The Boogey man and how to fight him** - News, bullies, dark cartoons, evil stars and life disappointments can cause any child to be afraid, anxious and dysfunctional. Debbie is fearful Nellie but runs behind a curtain and becomes **Superkid** - *keeper of the light and all that's right!* Her message is to teach this age group that you can face any fear when the power of might comes from within.

### Ages 13-18

**Adults are weird!** *No matter what I do - it's wrong. They are always fussing and I can't do anything right! I get so mad!* Debbie dresses as a hip teen. She rants about adults from the teen view. Then she switches into adult mode and plays the part of a hurting mom or dad. She ends by handing out two lists. One is a list of possible exciting things that could happen to a teen. The other is a list of possible devastating consequences that could happen to a teen. The list that takes over your life will be determined by how much you allow adults to influence your decisions.

**Don't tell me what to do!** This is the age of practice. Teens must practice how to make good decisions. Unfortunately, it's a fine line. Some mistakes can be tolerated and even erased. Others will follow them the rest of their lives. Debbie uses paint, cauliflower, water colors and aprons to illustrate how to make good decisions.

**Romance and Danger.** Dating can be fun! Debbie can show you how to be creative and enjoy the innocence of proper teen dating. However, teen dating is also full of danger. Debbie gets dramatic when she explains how Satan uses relationships to change our adult lives. She engages the audience to play the part of Satan's demons



and to come up with a plan to interrupt the life of a teen destined for the best God has to give. Her presentation will leave you speechless as you consider the possibilities.

**I want the best life!** - Teens usually dream dramatic exciting dreams. Teens feel empowered and invincible with dreams that are bigger than life itself. Without guidance those dreams will be quickly crushed when they meet the reality of adult life. Debbie shares 10 absolutes that will help young adults have a great life. Get ready for some humorous stories and scary realities as she plants nuggets of truth into teen hearts.

**Your Best Happily Ever After.** This class is based on the book, *Your Best Happily Ever After*, by Ginger Kolbaba. Her book is based on fairy tales and how we often wish for the magical happily ever after story rather than the life God has for us. We waste our time wishing for the “too good to be true” when there’s a solid hope for our own life. As Ginger puts it, “Some women want to grab hold of all the fairy-tale dreams, but they don’t. They remain befuddled, continuing to be the cinder girl instead of going to the ball and trying on the Manolos made specifically for them by the creator.” Debbie adjusts Ginger’s nuggets of truth for boys as well as girls. It’s a great concept that will send your teens into adulthood followed by a chorus of cute, harmless forest creatures singing in perfect harmony. (You can purchase Ginger’s book on Amazon. Makes a great gift.)

**One Foot in Reality TV** - Debbie uses the entertainment industry to lead older teens through the plan of Salvation. Her props include three teens from the audience who wear devil horns and try to knock her off balance.

**Star Wars and Jesus.** Debbie explains the good vs. bad concept of the movie and how you can learn to follow Jesus with POWER. Anxiety, Depression, Anger - they will all lead you to the dark side. Debbie gives everyone in the class a handout with instructions on how to fight the dark side.

**The Best Movie Director of all time!** What would your life look like if God was making a movie about you? What would he put in the picture and what would hit the cutting room floor? Would it be a gushy love story or would it be full of action, heartbreak and soaring successes?

### **For Teachers**

**The Power of Teaching** - Every teacher, good or bad, will impact the lives of his/her students. While most teachers recognize the power of their job, it’s a bit harder to handle the challenge while fighting multiple parenting techniques and difficult personalities. Being overwhelmed can steal your joy. Debbie has a plan to help you stay on track and feel good about leaving your footprints on the souls of your students.

**Know your students and change their lives.** Debbie shares her method of mind mapping each student. Controlling the classroom is easier if you understand what each



personality trait needs in order to succeed. Debbie can show you how to take the information from a mind map and build a classroom that works with individual talents and strengths. Even children with negative traits can be used to change the dynamics of the classroom for good.

### **Class Series**

All of the preceding classes can be combined to make up a series. For example, if your church wants to host a week-end parenting conference, Debbie can present a two-hour class on Friday evening, three one hour classes on Saturday and end with a 45 minute question and answer panel.

A school, church or group might decide they would like a 5 week course on Personal Help. Debbie can present one class per week for 5 weeks. We can use zoom when driving each week isn't possible.

Just like churches used to have revivals, Debbie can come for a conference week. Each night she can do a class devoted to practical Christian living and end the week with Sunday services.

Every class offered in this packet can be split, combined or merged in order to design a conference or event unique to your group.

### **Court Ordered Classes**

The following classes were designed to help parents/guardians understand their child, their issues and how to build a successful family. More than 75% of parents/guardians cited by protective services are not bad people - just caregivers without information. Debbie has designed a series of classes that will move parents through specific information that will help them respond differently to their child.

These classes have handouts, practice session and discussion groups. Rather than sitting in front of a computer answering questions, your clients will receive personal interactions that can help them actually change their thought process. They will learn why their child has issues or acts out and what they can do to change the situation. They will learn how to map out their child's needs and how to map and handle their own needs.

When joining these classes, your client should let Debbie know that they have been ordered to the class. That information will remain private and protected, but it will alert Debbie to keep records of attendance, participation and their desire to change. After a one on one at the end of the class - Debbie will write a full report for their Judge, caseworker or attorney. There is an extra fee if she is needed to testify in court.



Any Judge is welcome to design his own preferred set of classes from those that are in this packet. He/she can request that specific information be covered in any class he orders - or he can pull information on an individual basis. The Judge may also court order single classes for his specific needs. Debbie will work with Judges and other officials in every way she can. Abuse, ignorance and unproductive homes should not be tolerated and individuals living in those homes should get all the help they need.

**Awesome Parenting** normally runs for two hours a week for ten weeks. That gives the parent time to digest the material. However, if the judge feels it's important to cut down on the time of commitment, this series can be done in two weeks by doing a class on two Friday nights and four classes on two Saturdays.

You and Your Baby normally runs for four weeks. It could be done in a week-end with a Friday evening class and the other three on Saturday.

### **Awesome Parenting**

**Class One - Principles of Parenting** - Debbie will help you design a parenting plan using tested principles for success. She will teach you the basics for communication, discipline, and family dynamics. Debbie will help you understand why your child acts like he/she does and how you can teach them how to follow you rather than fight you.

**Class Two - Developmental stages of Children 0-12** – Debbie believes you can avoid a lot of problems with children if your parenting is age appropriate. She discusses all the physical and mental changes a child may encounter from birth to twelve years of age. She also gives you the proper parental responses to those changes. Debbie's handout includes each change you can expect.

**Class Three - Discipline Exposed** - Taken from her book, *Discipline Exposed - surviving fried worms and flying mudballs*, Debbie explains the principles that will help your child accept discipline. Discipline is NOT getting your child to do what you want, when you want it. Real discipline is a way of life. It is the most important gift you can give your child. It will produce success, character, better relationships and a chance to have the best life possible. It is not harsh and does not have to destroy your child's creativity. Discipline doesn't have to be a source of stress. Learn how to stop the fighting and give your child a disciplined life that will bring him/her peace and great success.

**Class Four - Cracking the Code to your Family's drama** - In this class Debbie trains you how to be a Mommy/Daddy detective. A detective does not invade the personal space of their child, but rather seeks out the clues as to "why" their behavior is not acceptable. Any home can be peaceful if you first discover the basis for your child's actions. Debbie will also show how to design a behavior modification plan that will take your home from chaos to calm.



**Class Five - Rebellion** - Rebellion is born from frustration and misunderstanding. Debbie will show you how to recognize the difference between personal independence and true rebellion. Learning how to control toddler tantrums will curb teen rebellion. Debbie's chart on causes of rebellion has over 55 entries. Yet, she has a plan to help you keep the drama of rebellion out of your home. Debbie will show you how to deal with peers and build a strong relationship with your child.

**Class Six - A Parent's Self Esteem** - Parents are often so busy with work, marriage, school, church, lessons and kids that they often feel they have no rights at all. Debbie can show you how your personal self-esteem is the most important gift you can give to your family. When mom/dad is happy - everyone is happy. Debbie reveals a list of rights and self-esteem musts for every family.

**Class Seven - How to Build Self-Esteem in your Child** - Low self-esteem will affect every decision your child makes. Debbie will show you how to build your child's self-esteem and help them reach their goals.

**Class Eight - How to help your child understand authority** - You have a parenting goal that your children simply can't understand. They don't have a frame of reference for long term goals and you don't have time to explain every decision you make. Debbie will teach you how to use word pictures and prompts to control your children while you are busy. She will also help you design a plan to help your child respect authority and understand why rules are often important. This new respect will help them at home, at school (better grades) and at work.

**Class Nine - Your child and education** - Debbie believes education is the only way to a successful life. It's one of the most important parenting goals you can have. Debbie will show you how to successfully be involved in your child's education without disrupting your daily schedule. You can inspire your children to learn simply by asking questions or being excited when they succeed. Debbie will show you how to take your child from laziness to higher grades. She will also explain how to have a great teacher conference that helps your child accomplish even more.

**Class Ten - Medical Needs and concerns for your child** - Debbie will cover medical needs, doctors, immunizations, safety issues and poisons. She will also cover social, psychological and relationship issues. This class includes a large amount of handouts for reference at home.

### **You and Your Baby**

Abuse is prevalent with teen parents and young adults who have no idea how to care for their infant. The following four classes cover everything a new parent needs to know before bringing baby home.



**Class One - Bringing baby home** - This class covers newborn physical needs. The need for warmth, baths, exercising, bottles (how to prepare their foods) clothing, cuddling, talking, "soothing", reading, stimulation both physically and mentally, protection from fear, proper sleeping arrangements, cleanliness and a lot of love. This class also includes a list of things baby needs during the first three years of life. Example: A baby bed, clothes, diapers, toys, blankets (how to do the bunny wrap), sheets, how many bottles to buy and where to get these things on a budget.

**Class Two - Baby Illness** - This class will cover as much medical information about newborns and growing babies as Debbie can cover in a two-hour period. She will discuss dangerous situations like, sleeping with baby, dropping them, swings, counter tops, outdoor elements, tables, stairs, car seats, too much sun, food allergies etc... She will also give them a list of baby illnesses and how often they should be seen by a pediatrician.

**Class Three - Stages of Growth** - This class contains a large amount of handouts. Debbie will cover all areas of babies growth from 0-5 years and the approximate age each trait should occur. For example, most babies should sit upright with support by the age of six months. By six months if your baby does not turn his head to sounds, you should be concerned and call the doctor. Debbie will also cover areas of concern like discipline, temper tantrums, learning to talk & walk, helping them eat foods that are good for them, not performing close to age milestones, and potty training.

**Class Four - Mental and Emotional Growth** - In this class Debbie shows how to help your baby through mental stimulation. It includes reading to them, talking, using bright colors and playing with educational toys. Debbie will also spend time on emotional growth. How to bond with your child, how to show love and affection, how to build self-esteem and help your baby acquire social skills for a total health profile.



Honest Information for Powerful Lives

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