



## LETTER OF AGREEMENT

### OVERVIEW/QUALIFICATIONS:

As a certified Infant-Toddler Family Specialist, with a Bachelors Degree in Psychology, I have been working with children and families for a number of years with amazing results. With my additional training as a behavioral specialist, I have become a Behavioral Educator who specializes in working with children. In addition, I have been supervised and trained by a BCABA while also receiving extensive training on using the ABA method of teaching to reshape undesired behaviors.

### SPECIFIC NEEDS TO BE ADDRESSED:

My education, training and experience combines to provide a unique perspective for families with young children who are facing struggles in their existing day-to-day family life. As a result, I am able to provide my services and expertise which will cover all of the following topics, as they pertain to your family and specific needs:

1. **Rule Setting.** Addressing/Establishing the rules of the home.
2. **Setting Boundaries.** What is allowed and what is not (disrespect, lying, going to school, bedtime, meal time, homework, etc.)
3. **Consistency.** There is no MAYBE it is either YES or NO.
4. **Reshaping Behaviors.** Showing you how to redirect the behaviors that you will NOT allow, while learning how to reshape them into what is allowable.
5. **Taking Back Control.** How NOT to be manipulated by your children and how not to give into the power struggle.
6. **Asserting Your Parental Authority.** When NO means NO.
7. **Parenting with Honesty.** Why it is important to BE HONEST at all times so that children realize they can come to you for any reason and will receive true answers and guidance without judgement.

8. **Establishing Ground Rules.** Setting rules together as a family and learning how to stay true to them so that children understand the reason for each rule and the consequences of breaking them.
9. **What is an Allowance?** How/why do they earn things? As a parent, are you just giving them things without expected results? If so, how do they learn the value of anything? You will learn to set reasonable expectations for each child, with a reasonable reward (i.e., allowance) for such behavior.
10. **Taking Back Control as a Parent.** Parenting is not about the children, it is about the parents asserting their role and delegating behaviors and structure to each child, based on the situation, the age of the child and the specific circumstance at hand. ( I will explain this in much more detail during our in-person sessions).
11. **Having Permission to be a Child.** Setting permissions and boundaries for each child so that they are allowed the freedom of expression and growth, while learning to grow and express themselves in a positive manner which works within the new family dynamic that will be established.

#### ASSUMPTIONS/UNDERSTANDINGS:

As with any family, your situation and issues are unique and will need to be dealt with on an individual basis. My services will be tailored for your specific needs, as determined during pre-consult conversations as well as my on-site observations. It must be understood by all parties that I will be providing the tools and training necessary to affect change in your family. However, the full measure of success is fully dependent upon the continued application and enforcement of these techniques after I leave. I can guarantee you that I will provide you with the tools and guidance needed, but YOU must apply them, consistently, in order to see the full effect of the changes desired.

#### SUMMARIZATION:

Every individual has their own story – why they do what they do; why they have done what they have done; why they continue to do things in a certain manner. I understand this and can utilize your PAST to change your FUTURE. I am all about RESULTS and getting you the RESULTS that you want. It is my job and my goal to get you the RESULTS you want, while adding value and SUSTAINABLE LASTING changes to your family.

A family unit is about love, laughter and growing together. I want to see your family grow together, united, without the stresses that you are currently experiencing. I will provide you with the means to allow your daughters to grow to love and respect you, not demand from you. At the same time, I will provide them with skill-sets that will allow them to grow up with self respect and self worth.

In order to merge your family together and begin your journey toward a positive, focused and unified future, I will need to start with you in-person, completely immersed with your family, for a minimum of 5 days (approximately 10 hours per day). This will allow me to grasp the full nature of the existing family dynamic, view the current state of the parental-child roles, and establish a reasonable plan and timeline for the successful emergence of the new family structure you desire. The fee for this will be \$5000.00 for the 5 days plus expenses paid. If needed, addition off-site consultation can be provided in an on-going, as-needed basis for an addition fee to be determined based on the situation and issues to be addressed.

**The undersigned parties undertand and agree that each family is unique and the Behavioral Education provided will be tailored to meet and address the specfic needs of your family. The results vary for each individual but the general Needs and Assumptions listed above are a good foundation to establish the training program that Aspirations will be providing to you.**

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Name of Parent/Guardian:

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Veenu McCarter, Owner Aspirations

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Date

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Date