

## Requirements for certification as a Level 2 Aware Parenting instructor ([www.awareparenting.com](http://www.awareparenting.com))

To become a Level 2 Aware Parenting instructor, you must meet some additional requirements beyond the basic certification requirements. You will then be qualified to offer workshops that meet the live workshop requirement for people who wish to become Aware Parenting instructors. If you meet the requirements listed below and wish to become a Level 2 instructor, please fill out the application form on the following page and send it to Aletha Solter. There is no fee beyond the basic certification fee.

1. You must have been certified as an Aware Parenting instructor for the past three consecutive years, and your certification must be current.
2. You must have read all five of Aletha Solter's books (whether they have been translated into the language of your country or not). The titles are: *The Aware Baby*, *Helping Young Children Flourish*, *Tears and Tantrums*, *Raising Drug-Free Kids*, and *Attachment Play*.
3. You must have attended a minimum of **eight hours** of Aletha Solter's live workshops, including the following. Workshops with Level 2 instructors do not qualify for Level 2 certification.
  - a) At least one presentation on discipline. Any of the following will qualify:
    - 2-hour lecture on "Why do children misbehave?"
    - 4-hour workshop on "Discipline without punishments or rewards"
    - a full-day workshop on "Discipline without punishments or rewards"
  - b) At least one presentation that includes information about babies, crying, and control patterns. Any of the following will qualify:
    - 2-hour lecture on "Why do babies cry"
    - 4-hour workshop on tears, fears and tantrums (or the previous 3-hour version)
    - a full-day workshop on "How children heal from stress and trauma"
4. You must have given at least ten hours of live Aware Parenting presentations (lectures, workshops, or classes).
5. You must be willing to offer a live, interactive Aware Parenting workshop of at least six hours for the general public each year. Online or Skype workshops do not qualify, although you may offer such workshops *in addition* to the 6-hour live workshop. These live workshops must include at least one childhood memory exercise and plenty of opportunities for questions. Three formal lectures of two hours each would *not* qualify, unless they are part of a course series (a six-hour workshop broken up into three sessions). Candidates for certification would be required to attend all three sessions.

The workshops must cover the basic aspects of Aware Parenting, for example, in the context of discipline or in the context of understanding and responding to children's emotions, or in the context of helping children heal from trauma. They must be based exclusively on the information in my books and should not include any other theories or techniques.

# Application form to become a Level 2 Aware Parenting instructor

If you wish to become a Level 2 instructor, please fill out this form and return it to Aletha Solter, P.O. Box 206, Goleta, CA 93116, U.S.A. You can also send the information by email to her at [solter@awareparenting.com](mailto:solter@awareparenting.com). There is no additional fee required to qualify as a Level 2 Aware Parenting instructor. Your normal certification renewal fee every two years will be sufficient to maintain your certification. After you qualify as a Level 2 instructor, this will be indicated by a red star next to your name on the Aware Parenting Institute website.

Your name: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_ I have been certified as an Aware Parenting instructor for the past three consecutive years, and my certification is current.  
Date first certified as an Aware Parenting instructor: \_\_\_\_\_

\_\_\_ I have read all five of Aletha Solter's books.

\_\_\_ I have attended at least eight hours of Aletha Solter's workshops, including at least one presentation on the topic of discipline and one on the topic of crying in babies. (Please list the workshops by Aletha Solter that you have attended, including the topics, dates, locations, and number of hours):

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\_\_\_ I have given at least ten hours of live Aware Parenting presentations. (Please list the three most recent presentations you have given, including the topics, dates, locations, and number of hours.)

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\_\_\_ As a Level 2 instructor, I will offer at least one live, interactive Aware Parenting workshop of at least **six hours** for the general public each year. These workshops will not include any other theories or techniques.