

Requirements for certification as a Level 2 Aware Parenting instructor (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 the most recent editions of 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*, *Cooperative and Connected*, *Tears and Tantrums*, *Raising Drug-Free Kids*, and *Attachment Play*.
3. You must have attended the following workshops led by Aletha Solter. (Workshops with Level 2 instructors do not qualify for Level 2 certification.)
 - a) Full-day workshop on helping children heal from stress and trauma.
 - b) At least one presentation on discipline. Any of the following will qualify:
 - 2-hour lecture: "Why do children misbehave?" or "Understanding behavior problems"
 - 4-hour workshop on "Discipline without punishments or rewards"
 - Full-day workshop on "Discipline without punishments or rewards"
4. You must have given at least twelve hours of live Aware Parenting presentations (lectures, workshops, or classes).
5. You must be willing to offer a live, in-person, interactive Aware Parenting workshop of at least six hours (not counting breaks) for the general public each year (for example: a workshop from 9am to 5pm with a 1½-hour lunch break plus 15-minute morning and afternoon breaks). You may also offer online workshops in *addition* to the in-person workshops. These 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. They must be introductory workshops for people who might not know anything about Aware Parenting (even though the participants who wish to become certified will probably be more advanced).

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. 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, including *Cooperative and Connected*.

___ I have attended Aletha Solter's full-day workshop on helping children heal from stress and trauma and at least one of her presentations on the topic of discipline. (Please list the workshops by Aletha Solter that you have attended, including the topics, dates, locations, and number of hours):

___ I have given at least twelve (12) 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.)

___ As a Level 2 instructor, I will offer at least one in-person, 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.