

Requirements for certification as a Level 2 Aware Parenting instructor (www.awareparenting.com)

(last updated September 15, 2022)

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 follow the instructions on the application form. There is no fee required to qualify as a Level 2 Aware Parenting instructor, but you must renew your certification every two years, as you have done in the past. 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.

1. You must have been certified as an Aware Parenting instructor for the past four consecutive years, and your certification must be current.
2. You must have read the most recent editions of all six 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*, *Attachment Play*, and *Healing Your Traumatized Child*.
3. You must have attended Aletha Solter's following two workshops within the past five years:
 - a) Full-day workshop (6 hours) on helping children heal from stress and trauma.
 - b) Workshop on discipline without punishments or rewards (minimum 4 hours).
4. You must complete the study guides (if you became certified before they were required).
5. If you live in a country with a regional coordinator: you must attend an Aware Parenting workshop with your regional coordinator and complete all the current requirements for Level 1 certification in your country.
6. You must have given at least 16 hours of live Aware Parenting presentations (lectures, workshops, or classes).
7. Letters of recommendation: Please ask a client or workshop attendee to send a letter of recommendation directly to Aletha Solter. If you live in a country with a regional coordinator, please also ask your regional coordinator if they think you are ready to be a Level 2 instructor, and if so, ask them to send a letter of recommendation directly to Aletha Solter.

Commitment: As a Level 2 instructor, 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. You may also offer online workshops in *addition* to the in-person workshops. Your workshops must include small group exercises and 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 Level 1 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, children's emotions, or helping children heal from trauma). They must be based exclusively on the information in the Aware Parenting 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 may already have a good understanding of Aware Parenting).

Application form to become a Level 2 Aware Parenting instructor

If you wish to become a Level 2 instructor, please send the following information by email to Aletha Solter at solter@awareparenting.com. Certification as a Level 2 instructor is not automatic. Aletha Solter reserves the right to request additional requirements if she feels that you do not have the depth of understanding or experience necessary to be a Level 2 instructor. She may also want to schedule an interview with you.

- **Your name**
- **Current date**
- **Date first certified as a Level 1 Aware Parenting instructor**
- **Your website address (if any)**
- **Social media pages (if any)**

Please confirm and complete the following:

- I have been certified as an Aware Parenting instructor for the past four consecutive years, and my certification is current.
- I have read all of the most recent editions of Aletha Solter's six books.
- I have attended Aletha Solter's full-day workshop on helping children heal from stress and trauma and her workshop on discipline without punishments or rewards within the past five years. (Please list the dates and locations).
- I have completed the study guides. (Please include your study guide answer sheets.)
- (If you live in a country with a regional coordinator): I have attended an Aware Parenting workshop with my regional coordinator. (Please indicate the date, topic, and number of hours.) I have also completed all of the current additional requirements for Level 1 certification in my country.
- I have given at least 16 hours of live Aware Parenting presentations. (Please list the four most recent presentations you have given, including the topics, dates, locations, number of hours, and number of participants.)
- I have asked the following people to send a letter of recommendation to Aletha Solter:
 - Name of a client or workshop attendee:
 - Name of your regional coordinator (if there is one for your country):
- 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.