

[VIDEO OF PRODUCT AND/OR INTRO BY JACQUI ON KICKSTARTER COVER]

5 Simple Steps To Control Your Mood: A Companion Guide for Parents

Proven methods to help parents create healing connections with their daughters.

[PHOTO OF JACQUI AND A HAPPY GROUP OF TEENS]

About This Guide

5 Simple Steps to Manage Your Mood, A Companion Guide for Parents is the must-have guide for mothers struggling to reconnect with their daughters. In it, they learn strategies to create a healing bond with their daughter while also healing their own inner child. This guide is related to the internationally published book, ***5 Simple Steps to Manage Your Mood: A Guide for Teen Girls***. In the book, girls learn strategies to take control of their emotions, understand the reasons for their emotions, and become better communicators of their feelings. ***5 Simple Steps to Manage Your Mood, A Companion Guide for Parents*** gives parents the tools they need to fully support their daughters at a pivotal point in their young lives.

[PHOTO OF GUIDE OR BOOKS]

Who This Book is For

Written to help families overcome the communication divide, Letran's supplement gives educators and parents the tools to support their kids as they embody the lessons and navigate the strategies for emotional self-mastery. And while utilizing this guide to support their daughter's healing, the parent is improving their own lives as well.

[PHOTO OF HAPPY MOM AND DAUGHTER]

Meet Jacqui Letran

Hi, I'm Jacqui Letran.

I've been in adolescent health for over 20 years, first as a Nurse Practitioner, specializing in Adolescent Reproductive Health and Mental Health. As I became disenchanted with our

sickness based care system, I began to approach adolescent mental health in a more holistic way. Today, I'm a mindset mentor and confidence expert focusing on healing from emotional trauma, confidence, self-esteem, and building self love.

I've dedicated most of my career to helping teen girls master their emotions with one-on-one mentoring, workshops for educators, parents and teens, through my award winning ***Words of Wisdom for Teens*** book series and my podcast, ***Stop The Bully Within***. Now I want to teach parents how to use my time-tested method to assist their tween and teen daughters to process their feelings and communicate their emotions with clarity, courage, and confidence. This guide will help parents strengthen or rebuild a deep emotional bond with teens that is filled with respect, trust, and love.

[PHOTO OF JACQUI AND HAPPY TEENS]

Inside This Book

Does your daughter struggle to manage her emotions? Are you frustrated because you don't know how to help your daughter? Would you like POWERFUL insights and practical actions you can use immediately to help you connect deeply with your daughter and help her to understand and manage her emotions?

In ***5 Simple Steps to Manage Your Mood, A Companion Guide for Parents***, you'll discover:

- Proven techniques to find common ground with your daughter
- How to master your own triggers and learn to control your responses
- How to create a safe space for your child to share freely
- Tested methods to repair and strengthen your relationship
- Relatable case studies, daily exercises, and much, much more!

5 Simple Steps to Manage Your Mood, A Companion Guide for Parents is a crucial toolbox to help families navigate through tricky emotions and triumph over challenges, and is part of the ***Words of Wisdom for Teens*** series. It's packed with easy-to-read instructions, intentional plans, and down-to-earth dialogues that will create a lasting change in your relationship with your child and their happiness.



Why Pledge?

Teenage girls are struggling. With soaring bullying and suicide rates, every solution is important, and that includes ***A Companion Guide For Parents***. For the parent witnessing their daughter struggling with emotions and negative behaviors, learning how to help their daughter navigate the tween and teen years creates a close relationship that they will both treasure. Seeing their daughter heal and flourish into a happy and confident young woman is every parent's dream. **Your help is needed** to give every mother and daughter the tools to manage their emotions, improve their mental health, and ***lead lives full of love and peace***.

[PHOTO OF JACQUI AND HAPPY TEENS]

Risks



Due to global supply logistics issues, there is a risk of delay in shipping the final product. All efforts will be made to avoid this problem and multiple suppliers will be considered.