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BEHAVIOR SCIENCE. REAL LIFE. PRACTICAL ANSWERS.

Tamara Braxton, M.Ed., translates behavior science and research into **practical, effective strategies** for parents and behavior intervention teams.

Drawing from more than 20 years in education, current middle school behavior intervention experience, and real-life application as a mom, Tamara brings audiences conversations that go beyond simply identifying challenging behavior to understanding **what's underneath it and what adults can do next.**


REAL GUIDANCE.
REAL RESULTS.
Real Peace.

FEATURED CONVERSATIONS



1

Why Does EVERYTHING Have to Be an Argument?

What's really happening inside middle school power struggles

Why can a simple direction turn into a 20-minute argument? Tamara breaks down what can happen when a parent's need for compliance collides with a middle schooler's growing need for autonomy, and how parents can hold expectations without turning every disagreement into a battle.

POSSIBLE QUESTIONS:

- Why do power struggles become so common during the middle school years?
- When should parents stop engaging in an argument?
- Can a child disagree and still be respectful?
- How can parents hold a boundary without escalating the situation?



2

Are You Adding FUEL to the Fight?

How adult responses can unintentionally keep conflict going

Sometimes the behavior parents desperately want to stop is being reinforced by the way everyone responds to it. Tamara helps parents examine the behavior cycle without blame and recognize when explaining, arguing, threatening, repeating, or reacting may be giving conflict more fuel.

POSSIBLE QUESTIONS:

- How can a parent's response unintentionally reinforce behavior?
- What's the difference between responding and reacting?
- Why doesn't repeating yourself usually improve compliance?
- What can parents do differently in the heat of the moment?



3

You Can't Parent Your Middle Schooler the Way You Were Raised

When inherited parenting patterns meet a different child, generation, and developmental stage

Many adults parent from what was modeled for them, even when those approaches aren't producing the relationship or behavior they want. Tamara explores how parents can examine inherited beliefs about obedience, discipline, respect, and authority while still maintaining clear expectations.

POSSIBLE QUESTIONS:

- How does the way we were parented influence the way we respond to our children?
- Does changing your approach mean lowering your standards?
- What parenting patterns are worth reconsidering?
- How can parents change a pattern without feeling like they've lost authority?



4

Your Middle Schooler Can Disagree With You AND Still Respect You

Separating disrespect from a developing voice

Middle schoolers are developing opinions, identities, and greater independence. Tamara helps parents distinguish between disagreement that needs room to develop and behavior that genuinely crosses a boundary.

POSSIBLE QUESTIONS:

- Have adults sometimes confused obedience with respect?
- What does respectful disagreement actually look like?
- Where should parents draw the line?
- How do we teach children to communicate disagreement appropriately?



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5 When You Don't Like Your Middle Schooler Very Much Right Now

Talking honestly about parental exhaustion without abandoning connection

Parents can deeply love their children and still become exhausted by repeated conflict, attitude, resistance, and emotional intensity. Tamara opens an honest conversation about what happens when frustration begins affecting the relationship and how parents can interrupt that cycle.

POSSIBLE QUESTIONS:

- Is it normal for parents to feel disconnected from their child during this stage?
- How can resentment affect the way parents interpret behavior?
- What happens when every interaction becomes correction?
- How can parents rebuild connection while behavior problems are still happening?

6 Why Does My Child Act Differently at School Than at Home?

Understanding behavior across environments

A child who struggles significantly at home may appear completely different at school, or the reverse. Tamara explores why behavior can change across settings and why parents and educators need each other's perspective to understand the whole child.

POSSIBLE QUESTIONS:

- Why can behavior look so different at home and at school?
- What environmental factors influence behavior?
- How can parents and educators work better together?
- What should adults look for, not just assume?

7 Is It Defiance— or Is Something Else Going On?

Looking underneath refusal, resistance, and noncompliance

"Defiant" describes what adults see. It doesn't necessarily explain why the behavior is happening. Tamara discusses how adults can become curious about the function, pattern, or missing skill underneath resistance without excusing inappropriate behavior.

POSSIBLE QUESTIONS:

- How do we distinguish between defiance and something else?
- What are the most common reasons behind resistance?
- How can we respond without excusing the behavior?
- What does accountability look like in this context?

THE THREAD THROUGH EVERY CONVERSATION

Moving beyond:

"How do I make this behavior stop?"

Toward:

"What's underneath this behavior, what may be maintaining it, and what can we do next?"

ADDITIONAL TOPICS I CAN BRING TO YOUR AUDIENCE

- ♥ Avoidance vs. laziness: What motivation and refusal can really communicate
- ♥ Consequences aren't the same as behavior change
- ♥ Big emotions: Helping middle schoolers (and parents) navigate intensity
- ♥ Holding expectations while protecting connection
- ♥ What if ISS were actually an intervention?
- ♥ Building replacement behaviors that last
- ♥ Home-school communication that actually helps
- ♥ Student accountability that empowers, not shames
- ♥ Supporting the whole child, not just the behavior

A RESEARCH-TO-REAL-LIFE PERSPECTIVE

Tamara's conversations are grounded in three connected lenses:



BEHAVIOR SCIENCE + RESEARCH

What research helps us understand about why behavior happens.



PROFESSIONAL PRACTICE

What behavioral patterns look like while working with middle school students.



REAL-LIFE PARENTING

What it takes to apply those principles when you're the mom in the middle of the moment.

AUDIENCES

- Parents and caregivers
- PTAs/PTOs
- Schools and school districts
- Behavior intervention teams
- Educators
- Parent organizations
- Podcasts
- Family and education media
- Conferences and events



AVAILABLE FOR

- Podcast & Media Interviews
- Television & Radio Interviews
- Expert Commentary
- Guest Articles & Columns
- Panels & Conferences
- Parent Workshops
- Professional Trainings

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For moms of middle schoolers who are ready for real change.
REAL GUIDANCE. REAL RESULTS.

Real Peace.



Let's connect! ♥

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STRATEGIES FOR MOMS.
BETTER RELATIONSHIPS.
Stronger Futures. ♥

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