

MIDDLE SCHOOL Mayhem™

BEYOND THE BEHAVIOR

An interactive parent workshop series to help parents **understand** what's underneath their middle schooler's behavior, **why it matters** at home and at school, and **what to do** about it.



Presented by

TAMARA BRAXTON, M.ED.

Founder, BradAlTon Behavior Institute



*Real Guidance.
Real Results.
Real Peace.*



PARENTS SEE THE BEHAVIOR. LET'S LOOK BEYOND IT.

The arguing, the attitude, the shutdown, the pushback, the constant need to have the last word.

Parents know what they're seeing, but they may not understand what's happening underneath it or how the patterns developing at home may connect to what their child experiences at school.

Beyond the Behavior moves parents past simply reacting to what their middle schooler is doing and helps them understand the patterns, interactions, and developmental needs underneath the behavior, then gives them something practical to do with what they've learned.

THIS ISN'T A SIT AND LISTEN PARENTING LECTURE.

Every Beyond the Behavior workshop combines:



RESEARCH

Evidence based information translated into language parents can actually use.



REAL LIFE

Middle school situations parents immediately recognize.



THE SCHOOL CONNECTION

A look at how the skills and patterns being practiced at home may matter when their child walks through the school doors.



INTERACTION

Reflection, discussion, scenarios, polls, and hands on practice, not an hour of slides and talking.



MICRO ACTIONS

One small, practical action parents can begin using immediately.



PARENTS LEAVE UNDERSTANDING SOMETHING THEY DIDN'T UNDERSTAND BEFORE, AND KNOWING EXACTLY WHAT THEY CAN TRY NEXT.

Meet Tamara

Tamara Braxton, M.Ed. is an educator, behavior specialist, parent mentor, and founder of BradAlTon Behavior Institute. With more than 20 years in education and current experience working on a middle school behavior intervention team, Tamara brings parents a perspective that connects what happens at home with what educators may see, or not see, at school.

As the creator of **Middle School Mayhem™**, she translates research and behavior science into practical strategies parents can actually use in real life.

Bring Beyond the Behavior TO YOUR PARENT COMMUNITY



AVAILABLE
IN PERSON



OR
VIRTUALLY

BOOK A SINGLE
WORKSHOP OR
THE COMPLETE
4 PART SERIES



SCAN TO INQUIRE
ABOUT BRINGING
BEYOND THE BEHAVIOR
TO YOUR SCHOOL,
GROUP, OR ORGANIZATION.

*Let's make middle school
a little less crazy. ♥*

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MIDDLE SCHOOL

Mayhem™

BEYOND THE BEHAVIOR

Real Guidance.
Real Results.
Real Peace.



Four powerful, interactive workshops that help parents **understand** what's underneath their middle schooler's behavior, **why it matters** at home and at school, and **what to do** about it.

4 WORKSHOPS. 4 OPPORTUNITIES TO CHANGE WHAT'S NEXT.



01 WHY DOES EVERYTHING HAVE TO BE AN ARGUMENT?

Look beneath the surface to uncover the repeating cycle behind the same fights—and what's keeping your family stuck in it.



Spot the cycle that keeps repeating and one simple action to interrupt it.



02 ARE YOU ADDING FUEL TO THE FIGHT?

Identify what you may be doing that keeps the argument going and learn how to respond differently.



Awareness of your impact and tools to shift your response in the moment.



03 "BECAUSE I SAID SO" ISN'T A COMMUNICATION STRATEGY

Examine the beliefs that shape your communication and learn how to keep authority without shutting them down.



A respectful communication approach that builds connection and cooperation.



04 WHEN YOU'RE TIRED OF THE RELATIONSHIP WITH YOUR CHILD

Recognize relationship fatigue and learn practical ways to rebuild trust and reset the connection.



Ways to repair, reconnect, and create a relationship that can weather the hard seasons.

PARENTS WILL LEAVE WITH:



Deeper insight into what's really happening behind your child's behavior.



Practical strategies you can use at home and see connect to school.



More confidence in how you respond and lead.



One clear next step to start making a difference today.

WHY BEYOND THE BEHAVIOR?

Behavior is a signal, not the whole story. Each workshop helps parents understand the patterns, skills, and needs underneath the behavior—and how those pieces connect to what may be seen, or unseen, at school. When parents understand more, they can lead with more clarity, less power struggle, and more peace.

*Better understanding.
Stronger relationships. Better days.*



BRING BEYOND THE BEHAVIOR TO YOUR COMMUNITY



SCHOOLS & PTAs/PTOs



PARENT ORGANIZATIONS



FAITH-BASED GROUPS



COMMUNITY ORGANIZATIONS



IN PERSON OR VIRTUAL

Flexible Options!

Book a single workshop or the complete 4-part series!

Let's work together to help parents go beyond the behavior and build better days. ♥



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Scan to inquire about bringing **BEYOND THE BEHAVIOR** to your school, group, or organization.