Long-Term Solution vs. the Quick Fix

• The Quick Fix
  o One or two ideas are easy to learn and can help in the short term
  o Quick Fix can help in times of conflict & crisis
    ▪ doesn’t solve underlying problems

• Long-Term Solution
  o Hope & Knowledge has many ideas that take longer to learn
  o Greater depth of knowledge allows for better understanding & more comprehensive treatment
  o Helps solve complex causes of serious problems

Hope & Knowledge is different from many books for helping children because most are written at about a 7th grade reading level or even lower. They have quick fix ideas and are easier to read, but it also means parents, teachers and others miss out on valuable information that could be crucial for helping the child.

Hope & Knowledge gives you more information, greater flexibility and more tools to help. This helps in the long run and addresses underlying problems.
Before We Begin

Feelings, by definition, are irrational.

They don't allow themselves to be distracted by logic.

When there is a problem to be solved, we are surrounded by feelings.

The purpose of *Hope & Knowledge* is to make sense of this situation.

NOTE: *Hope & Knowledge* uses adult self-reflection to help solve child behavior problems. For instance, you will be asked to reflect on how your own stress may be affecting the child’s behavior. Considering this point could help you decide if *Hope & Knowledge* is a good fit for you.