less drama

MORE MAMA

PODCAST EPISODE DIRECTORY

with Pam Howard

THE less drama MORE MAMA PODCAST

WELCOME TO THE LESS DRAMA MORE MAMA PODCAST!

Between counseling troubled teens, working as a K-8 school counselor, coaching moms for over a decade, and having two teenagers of my own, I've seen it all – the messy moments, the challenging times, and the incredibly rewarding experiences that come with being a mom, too.

I started Less Drama More Mama to provide moms like you with the tools and support they need to navigate the complexities of parenthood with confidence and grace.

My mission is simple...

To empower you to be the mom you want to be and cultivate strong, meaningful connections with your kids.

Deep down, you have what it takes to thrive in motherhood – and I'm here to help you draw out the wisdom and strength that's already inside you.

After working with me, my clients experience real, tangible results. They enjoy a calmer, more connected family life, more cooperative kids, more patience and energy, and the confidence to handle challenges that inevitably arise.

With 300 episodes of the Less Drama More Mama Podcast at your fingertips, finding the right content can sometimes feel like searching for a needle in a haystack. That's why I've curated this directory—to streamline your search and connect you with episodes that speak directly to your needs and interests.

Approach this guide in whatever way works best for you. Have fun and explore the episodes that resonate with you most at this moment.

Happy listening!

Love,

Pam

LCSW, Master Certified Life Coach, Mom, and Host of The Less Drama More Mama Podcast

www.lessdramamoremama.com

Most Loved Episodes

01

Creating Emotional Safety for Your Child – 184

- Why emotional safety is a necessary ingredient for achieving good mental and emotional health.
- What contributes to kids feeling emotionally safe or unsafe.
- Why it may be challenging to create emotional safety for your kids.

02

Understanding Temperament – 191

- What the four temperaments are and why they matter.
- Your kids' innate needs based on their temperament (and what happens when those needs aren't met).
- How you can build up your kids' strengths and help them manage their weaknesses.

03

How to Move On After a Mama Meltdown – 186

- What I consider to be my worst parenting moment.
- How I moved on from my meltdown last week.
- The concept of the GAP and the GAIN.
- What I've learned through my experiences.

04

"I Like Me and I Matter": My Interview with Lindsey - 193

- What made Lindsey finally decide to reach out for support and invest in herself
- The huge misconception Lindsey had about self-love (that almost every other mother I've met struggles with) and how she overcame it
- What Lindsey can say about herself for the first time in her life

05

How to Stop Caring What Others Think of You – 221

- Why we care so much about others' opinions (and why it's not always a bad thing)
- When caring about others' opinions becomes problematic (and what to do about it)
- An easy way to give yourself the validation and reassurance you seek from others

Most Loved Episodes

06

Creating Emotional Safety for Your Child – 184

- Why emotional safety is a necessary ingredient for achieving good mental and emotional health.
- What contributes to kids feeling emotionally safe or unsafe.
- Why it may be challenging to create emotional safety for your kids.

07

What to Do When Your Child Feels Excluded From School - 167

- The first thing you need to do before helping your child.
- The most helpful thing you can do to support your child.
- How teaching about facts vs. thoughts, empathy, and social skills can benefit a child who feels excluded at school.

08

Barriers to Connecting With Your Child - 183

- What does and doesn't cause you to feel connected to your kids.
- How to generate the feeling of connection more often.
- An exercise to bring about self-awareness and show you the power of your mind.

09

7 Keys to Building Trust With Your Kids – 289

- 7 key elements for creating trust in your relationships.
- Practical strategies for increasing trust and emotional connection with your kids.
- What to do when your child's trust in you has been compromised.

10

Your Kids are a Mirror of Your Mind – 237

- How your thoughts have the power to shape your relationships (even without you consciously realizing it)
- What you can do today to start changing your relationships for the better (in a few minutes or less!)
- Real-life examples of things that might bother you and how you can react differently to move toward a better relationship with your kids

How to Stop Yelling

01

Your Kids Can’t Make You Angry - 002

- What's really causing you to get angry
- What it means to be an emotional adult
- How to start taking control of yourself and your anger
- How to get more help from me

02

How to Stop Yelling at Your Kids - 003

- Your biggest enemy as a parent
- Why you yell
- How your brain is trying to protect you
- The difference between a reaction and a response

03

Your Solution to Any Problem - 006

- What the self coaching model is, and how to use it to solve any problem
- The five categories of the model and definitions for each
- The real cause of every problem
- How to start using the model effectively
- How to get help from me if you'd like it

04

Parenting with Patience - 022

- Why patience is at an all-time low in our society.
- How to generate more patience.
- How to set your child up for success when it comes to your expectations.
- The “of course” mantra.

05

Stop Taking Things Personally - 028

- Why we care so much about others' opinions (and why it's not always a bad thing)
- When caring about others' opinions becomes problematic (and what to do about it)
- An easy way to give yourself the validation and reassurance you seek from others

How to Stop Yelling

06

Emotional Adulthood - 036

- How to tell whether you're living in emotional adulthood or emotional childhood.
- What we're raised to believe about the cause of our feelings, and what actually causes them.
- Why kids need parents who don't need them.
- The recipe for emotional adulthood.

07

Why It's So Hard to Stop Yelling - 055

- Why it's so hard to stop yelling.
- Why there's nothing wrong with you if you can't stop yelling even though you really want to.
- The four stages of learning a new skill.
- What the "river of misery" is and how to get through it.

08

How to Stop Losing Your Sh*t with Your Kids: Interview with Carla Naumburg - 060

- The three groups of support people Carla recommends every mom identify in her life.
- How Carla's husband taught her to be more present with her kids.
- How yelling at her daughters led Carla to practice mindfulness and meditation.
- When Carla realized that having self-compassion was actually a powerful strategy for behavior change.

09

Disarming Your Defenses - 079

- What defense mechanisms are and why you have them.
- 4 of the defenses I see most often in my clients and examples of each.
- What to do the next time you find yourself feeling defensive to 'disarm' your defenses.

10

10 Parenting Goals for the New Year - 279

- A goal that can change your life in just ten minutes a day
- Ideas for how to measure your progress
- Why most people quit their New Year's goals and how you can succeed

Less Drama More Mama Podcast Episode Directory

PLEASE NOTE***

Asterisks indicate that there's a free download available in the episode show notes. You can access the show notes at lessdramamoremama.com/ followed by the three-digit number episode. **For example, if you're looking for the show notes for episode 002, simply go to lessdramamoremama.com/002.**

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Ready for more?

PERSONALIZED SUPPORT FOR YOUR UNIQUE NEEDS

Listening to the podcast is fantastic because you learn the valuable tools, concepts, and strategies I use directly with clients in my coaching practice.

But a mini-session with me takes things to a whole new level. In a 45-minute Zoom call, we'll dive into your unique situation and specific struggles, addressing your biggest parenting challenge and crafting a personalized solution to fit your family's needs. By the end of the call, you'll feel empowered with a renewed sense of hope and relief, knowing that a brighter, more peaceful future is within your reach.

Take the first step towards a more fulfilling parenting experience by answering a few questions and scheduling a free consultation.

LET'S DO THIS, MAMA.

SCHEDULE NOW