WHO IS DEANNA MARIE MASON
Dr. Deanna Marie Mason is an expert in pediatric health and child rearing, in addition to being the creator of the Proactive Parenting method. This method is centered around the individual developmental process of each child and how values form during childhood and adolescence.

Throughout her professional career, spanning more than 20 years, she has had the privilege of meeting and caring for newborns, children, and adolescents while teaching and guiding their parents.

Deanna Marie Mason was born and educated in the United States. She earned a Bachelor's of Arts in Nursing from Gustavus Adolphus College (1996), completed a Master's Degree in Pediatrics at St. Catherine's University (2001), and earned her PhD in 2010 from the University of North Dakota.

This educational evolution has led to her specialization in teaching, pediatric health care and public health, both in the United States and in Spain. In addition, over the years, she has combined these functions with her work as a writer and reviewer for a multitude of scientific publications, demonstrating her experience in the field.

Having happy children and a healthy family is not dependent on luck; everyone can meet this goal.

Proactive Parenting means preventing or limiting the scope of certain behavioral problems as we teach values that will allow our children to grow up happy and healthy.
PROFESSIONAL SUPPORT FOR THE MODERN FAMILY

Dr. Mason’s **Proactive Parenting** method consists of teaching and leading parents towards obtaining their desired results in the rearing of their children, while respecting and recognizing each family’s unique and individual nature.

Dr. Mason is an expert that perfectly combines pediatric health, child rearing and prevention, which is the core of her philosophy and work. Her focus is to maximize the power of the nuclear family, regardless of its nature or origin, to promote healthy lifelong habits through positive child rearing practices. For her, **education opens up the possibility for anything including the health and well-being of children as well as the family’s own stability.**

Within this framework Dr. Mason has immersed herself in pediatric and public health to be able to develop activities and programs for families, schools, institutions and universities.

Dr. Mason’s education and professional experience have made it conceivable to open a private consulting practice to respond to the requests and needs of families interested in learning and using the Proactive Parenting method. The main focus of this method is to guide parents on pediatric health, child rearing, and prevention. Her advice is always based on the latest scientific research and most current recommendations from respected international pediatric organizations. Together, this allows her to address the most common problems arising during childhood and adolescence and provide prevention techniques that can be adapted to any family.

**Being a proactive parent involves preventing or limiting behavioral problems while transmitting values and morals to our children. The whole purpose, and end result, is to raise happy and healthy children.**
HAVING A HAPPY AND HEALTHY FAMILY IS NOT DEPENDENT ON LUCK

There is no such thing as good or bad children. Every child has the ability to achieve success, but every child needs different support to get there. Proactive Parenting supplies parents with the necessary tools to feel confident and in control while raising their children. This method allows parents to decide how to use the parental techniques according to the values they want to transmit. This permits each family to teach values in a way that their children can understand and internalize within the family environment.

Dr. Mason currently has two books available to teach families how to apply the Proactive Parenting method.

This book is a practical guide with tools and tips to help parents successfully instill values while supporting and advising teens. The book presents real situations that teenagers confront to help parents understand what is going on inside their children and why they behave in certain ways.

Ideal for parents with children age 6 and up

This practical hands-on book explains how we can help our teens in the process of “finding themselves” as they grow into adulthood. It is a unique, special guide because it shares teens’ perspectives on what they think they need to become the people of their dreams.

Ideal for parents with children age 12 and up
Deanna Marie Mason is an expert in pediatric health and child rearing with specialization in child development, value formation, and the importance of prevention.

Based on the latest scientific studies, as well as time-tested developmental theories, and recommendations from respected international pediatric organizations, this method offers guidelines addressing in the following topics:

**Development**

Development does not occur in a vacuum, but is an inter-relational process that is connected and supported internally.

Proactive Parenting offers a wide variety of advice, tools, guidance and references to understand child development from the physical, emotional, intellectual, psychosocial and moral point of view with special attention to how a child’s developmental process affects the family as a whole.

**Values**

Values are what we rely on to decide what is right or wrong, what is important in life and what it means to be a good person.

Children who are educated in values understand that their behaviors communicate what they believe in and are able to use their internalized values to guide their behavior in any setting, even when they are alone without adult supervision.

**Prevention**

With a special focus on children and adolescents, the Proactive Parenting method’s main objective is to educate in prevention practices, not only of illnesses or diseases, but also of foreseeable behavioral problems related to development.

The aim is teach children to assume ever increasing responsibility for their own safety and well-being from the moment they become aware of their actions.
PROFESSIONAL SUPPORT FOR THE MODERN FAMILY: TOOLS AND ADVICE
Herramientas y consejos para desarrollar una paternidad proactiva, basados en las últimas investigaciones y publicaciones científicas y adaptados a la realidad de la vida de hoy.
HOME VISITS

Through specific techniques taught privately in your home, customized to your family's specific concerns, you will learn skills that will allow you to address and solve different child issues that arise during childhood and adolescence.

BREASTFEEDING SUPPORT

We tend to think that breastfeeding will be easy and intuitive but for most first-time moms, and sometimes even for experienced mothers, it is extremely difficult. It is natural to have lots of questions and the key to success is getting the right information in a timely manner.

ONLINE

Via Skype calls, you will receive personalized advice to develop objectives that meet your family's needs and create an action plan that will help you resolve different issues affecting your children's and adolescents' health and wellbeing.

VIDEOCOURSES

These videos are immediately available and viewable multiple times to help you learn specific techniques in the privacy of your home. These courses offer professionally tested tools to resolve the most common concerns that parents face raising their children.

WORKSHOPS Y CONFERENCES

In my presentations I expose clear and concise techniques, in addition to the basic principles of Proactive Paternity for schools, parent associations and other types of organizations.

FREE

Find free resources published every two weeks on my Proactive Parenting blog, where I share high-quality professional information related to raising babies, children and adolescents.
SPAIN’S CURRENT SITUATION
Deanna Marie Mason offers professional support for the modern family through tools and advice centered on Proactive Parenting, which is based on the latest scientific research and most current recommendations from respected international pediatric organizations and adapted to the reality of modern life.

Currently **in Spain, there are a total of 8.2 million households with children.**

It is also important to take into account the changes to society in recent decades. The image of what a family should look like has been transformed. The presence of the two parents living together is no longer expected because families of different configurations have increased. For example, the number of single-parent households is increasing and today represent a total of **1.8 million families.**

Single-parent households are most often led by mothers. Approximately **46%** of children born in 2018 were to mothers whose marital status is not listed as married. Among divorced mothers, **66%** have sole custody of their children.

The percentage of school dropouts in Spain, according to the latest data provided in 2018, was **18.78%.**

<table>
<thead>
<tr>
<th>Percentage of school dropouts in Spain</th>
<th>Percentage of babies born to unwed mothers</th>
<th>Number of single-parent households (in millions)</th>
<th>Percentage of divorced mothers with custody of children</th>
</tr>
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<tbody>
<tr>
<td>18.78%</td>
<td>46%</td>
<td>1.8</td>
<td>66%</td>
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In Spain there are 8.2 million homes with children, of which 1.8 million are led by a single parent. The number of single-parent households continues to grow.
WHY
DEANNA MARIE MASON
NEEDED IN
SPANISH SOCIETY
Being able to use the latest scientific research and most current recommendations from respected international pediatric organizations helps families prevent common behavioral problems while saving time and money.

The tools and techniques of Proactive Parenting, taught by Deanna Marie Mason, offer benefits for society as a whole as well as for its individual members, especially at a time when traditional structures are evolving towards a broader concept of family: the modern family.

**Parents benefit from a greater degree of control** over their family, which increases their confidence in their ability to manage their family while also improving productivity.

**Children benefit from a higher level of success and recognition** academically, socially, and personally. Children who learn to follow the rules at home also follow them at school and in society.

**Families benefit from lower stress levels,** which helps to increase communication and reduces conflicts.

The Proactive Parenting method adapts to the ever evolving reality of the modern family. Being aware of the environment surrounding a child and who shares that environment is the key to begin a focus on prevention, as well as saving time and money.
RECENT MEDIA APPEARANCES
Programa “The Lifestyles”
August 7, 2018

ABC
“Claves para acertar con los juguetes en la carta a los Reyes Magos”
December 26, 2016

EL MUNDO
Tribuna “Adolescentes con Valores”
March 7, 2018

ABC
“Cómo poner límites y aplicar disciplina a los niños según su edad”
February 6, 2018

EL PAÍS
Mamás y Papás “Cómo empezar a hablar de sexo seguro con tus hijos”
September 26, 2017

MAGISTERIO
“¿Quieres hijos guiados por valores? Empieza por aplicar límites y disciplina”
April 3, 2018