

Connected Parent Tips

CONNECT BEFORE YOU CORRECT!



- Children need to be guided how to self regulate
- Get on their level, label feelings, and validate emotions
- Practice deep breathing, and taking time for feelings
- Brainstorm possible solutions to the problem together
- Help them transition from using only the emotional side of their brain to the thinking side by having them talk calmly
- Children must learn empathy to be able to make good choices - model kindness and respect as often as possible

PUT ME IN COACH



- Children thrive on having autonomy and successes
- Give them opportunities to figure things out on their own
- Try letting them learn how to make decisions by using natural consequences to their choices in life
- Avoid power struggles which create distance vs trust
- Let the child feel powerful with appropriate responsibilities
- Give children the message that you believe in their abilities

COUNT YOUR LUCKY STARS



- Recognize what the child is doing well and celebrate that
- Children need 5 positive statements for every negative one
- Encourage efforts and their process in addition to praise
- Remind children what they can do over what not to do
- To thrive, children need to feel capable and accepted