

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

T Take a minute to BREATHE & OBSERVE

Practice self-empathy to regulate your own feelings. What am I feeling/needing? What is happening? What events may have led to this situation? What might my child be needing or feeling?
State the situation without judgment or an evaluation.

E Engage & Empathize

Get down on your child's level. (*don't bark commands from across the room*) Make eye contact and notice your own body language and tone. Approach the situation with curiosity, using loving words to connect.
"I'm wondering if you are feeling..." or "It looks like you are..."

A Acknowledge Feelings & Needs

What is my child feeling? (frustration, disconnection, fear) What is my child needing? (attention, affection, acceptance, appreciation, autonomy) Use loving, connected speech to validate needs and feelings. *"I see that you are feeling angry." Or "I'm concerned that you will fall, do you need a safe place to climb?"*

C Connect & Problem Solve

Connect with your child using your words, body language and physical contact. (*validation, space, a hug, cuddle or removal from area for safety*) Problem Solve with your child - how can we heal together? Investigate the feelings/needs of others. *"How do you think your friend is feeling?"*

H How does it feel?

How do you feel after working through a conflict with your child? Do you feel *defeated, angry, worn out or empowered, connected and loving*? How does your child feel? *Understood, loved, heard*? You can tell if you are aligned with your authentic self by how you feel? Don't be afraid to apologize to your child or *"heal a disconnect"* if necessary.

