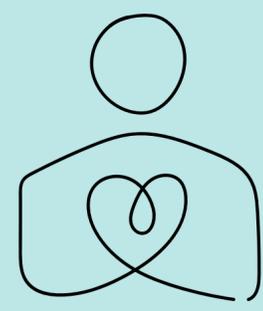


Keep Calm, Parent On...

Are you wanting to stay calm as a parent and wondering how to Keep calm when your child is losing it? Or if the Kids are fighting (again)? Well we can help....

Being a parent can be rewarding, but very busy, too! Between taking children to school and managing other to-dos, some days it may feel like you don't get a minute to yourself. And even when you hear about, self-care, you may dismiss it as silly, unnecessary, or even selfish.



But self-care has everything to do with health and wellness. In fact, self-care can be one of the best ways for parents to not only meet their own needs, but also their family responsibilities. Once you view self-care through the correct lens, it's easy to see that it's anything but selfish. Self-care habits help us stay healthy and at the top of our game.



THINK STOP:

- Stop whatever you're doing.
- Take a few slow breaths.
- Observe what's going on around you and in your mind,
- Pick how to proceed.

Practice the PAUSE;

When you can feel your emotions rising, practice the pause, empathise with yourself, adulthood is tough some days, empathise with the little heart that is in front of you, childhood is tough some days. The more you practice the pause, the more welcoming the change.

Give yourself a timeout.

Give yourself a few minutes to allow a level of reason to return to your mind. Whether its soaking in the bath or going for a walk. You'll be in a better place to make appropriate parenting decisions.

Little and Often Wins

With a little bit of attention to your own self-care, the fog will lift. You'll feel more connected to yourself and the world around you. You'll delight in small pleasures, and nothing will seem quite as difficult as it did before. Like a car, you must keep yourself tuned up to make sure that you don't need a complete overhaul.

Returning yourself to calm

- This is not an emergency, .
- Our relationship is my #1 priority.
- I'm bringing the calm here.
- I can only control myself.
- It won't always be this way.
- We can always work things out.

Simple important shifts in language are simple important shifts in life.

Before reacting to your child's behaviour, pause and ask yourself;

- Would I like someone to respond to me in the way I'm about to respond to my child?
- Are my expectations reasonable and age-appropriate?
- Is my response based on MY feelings?
- What will my response model to my child?
- Is my response helpful?
- Is my response respectful and Kind?