

5 Steps to Calm and Centered

(Even When Your Child is Out of Control)

Observe

your child's emotions with an open-heart. See their smallness and how the emotions are bigger than they are.



Get Centered

Your emotions are separate from your child's. Root yourself to the earth and engage your core. Say your mantra. Ride this wave Mama!



Acknowledge
Connect
Teach!



Have a Plan

Build up your parenting toolbox so you have a plan on how to help your child regulate.



Take Care of Yourself

You cannot pour from an empty cup. Live in the moment, Find ways to take breaks and savor, even with the kids around.



Don't be Perfect

It's impossible! Know what to do when you do lose it. Own it, Apologize, and Identify.



Ashley Soderlund Ph.D.

For more on how to implement this guide visit NurtureandThriveBlog.com