

Tips for Responding To Your Child's Behaviors

Stop, Drop and Stay in Control

When parenting, we sometimes...



✗ Stand above the child.

It can be more helpful to...

✓ Be at eye-level with the child.



✗ Give time-outs or ignore the child.

✓ Stay close until the child is calmer to connect.



✗ Yell or raise our voice.

✓ Remain calm and speak at a relaxed tone.



✗ Take their actions personally.

✓ Recognize children's emotions are often not about us.



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