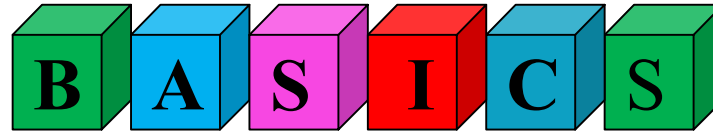


DON'T KNOW WHERE TO BEGIN?

START WITH THE



<u>Breathe</u>	<u>Activity</u>	<u>Safety</u>	<u>Inner</u>	<u>Compassion</u>	<u>Self Love</u>
<p>Helps balance your brain from fight/flight/freeze (sympathetic NS) to thoughtful solutions (parasympathetic NS)</p> <p>Empower child by teaching them they have some control over their emotional/energetic states</p> <p>Creates clarity and calm</p> <p>Balances emotions</p> <p>Increases focus/attention</p> <p>Heart and belly breathe (grounding)</p> <p>Alternative nostril breathe (balance)</p> <p>Exhale= Calm</p>	<p>Choose activities that help calm and nurture yourself and your child</p> <p>Exercise- ↑ Brain Power</p> <p>Fun/Age Appropriate Activity</p> <p>Sports-Karate, swim, run, skate, bike, etc</p> <p>Yoga</p> <p>Dance/Sing</p> <p>Laugh/Play</p> <p>Walk/Nature</p> <p>Artwork-Clay, etc.</p> <p>Swing-Calming</p> <p>Journal/Draw</p> <p>Puppy pile up/Deep pressure</p> <p>Make time to “Just Be”</p>	<p>Create a physically and emotionally safe environment</p> <p>Make loving safe-Be safe in your own skin</p> <p>Express feelings</p> <p>Communicate</p> <p>Model-Forgiveness, patience, resilience, love</p> <p>Structure, routines and boundaries</p> <p>See your child as a precious, divine gift with reverence and appreciation</p> <p>Teach (Empower) Not punish (Condemn)</p> <p>Groundhog moments</p> <p>Peace corner-Time in to connect vs. time out</p>	<p>Everything your children takes in matters.</p> <p>Be mindful of videos, movies, games, books</p> <p>Discuss values and morals.</p> <p><u>Diet</u>-How does this affect your child?</p> <p>Eat balanced and healthy meals, high protein, whole grain foods, fruits and vegetables. Brain foods</p> <p>Help your child listen to their inner dialogue</p> <p>Be aware of your own inner voices and tapes in your head</p> <p>Imagine what you'd like to hear that is affirming</p>	<p>Always start with compassion for yourself and your child</p> <p>Courage, perseverance and commitment</p> <p>We are perfectly imperfect beings</p> <p>Cocreate goals with your child</p> <p>Keep goals short, simple and realistic</p> <p>Celebrate successes</p> <p>Use mess ups as opportunity to grow</p> <p>Commit to quality time with child</p> <p>Join other like minded parents to help encourage each other along the way</p>	<p>Start with loving yourself and model this to your child</p> <p>Self Care-Find healthy ways to nourish and nurture yourself</p> <p>Repair yourself</p> <p>Present moment awareness and mindfulness improve focus and intentions</p> <p>Slow down and notice your senses-sights, sounds, touch, movements, smell, taste. Encourage and teach child to do the same</p> <p>Tune in to your body sensations and how you feel in your skin</p>



				◊ Be patient	
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