



5. Staying Calm, Cool, and Connected With Your Kids

Focus on yourself—your part of the equation.

Where are times you can give your child choices—provide the child with decision-making opportunities.

Your biggest enemy is your own reactive behavior.

Your energy needs to be focused more on yourself.

Every change starts with the same thought/feeling: I am not sure what anyone else is going to do, but this is what I'm going to do.

- ✿ Observe what is really going on in your house. What areas in your relationship with your child really bother you?

- ✿ How would you like to see things change?

- ✿ What changes do you need to make in your behavior toward your children?

- ✿ Pick one area to focus on as you move forward—trying to focus on too many will only frustrate you. Pick one behavior and give it 100%.

Action Step

Take the time to give your children the Kid's Questionnaire. I have found this exercise very effective at learning more about how my children perceive me and my actions.

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