

OLD WAYS

NEW WAYS

• Shout, cajole, drag, ignore	➔	• Tickle, stroke head, read some jokes, give instruction in funny a voice
• You get angry and smack	➔	• Have an elastic band on your wrist to snap
• You/they get angry and slam doors	➔	• Punch a pillow
• They are mean to the cat	➔	• Have an old toy cat they can pull apart
• You swear	➔	• Have a few mantras on post-it notes
• Focus on what they are doing wrong	➔	• Play to everyone's strengths and notice those
• Getting into an argument	➔	• Blow a whistle and have a break from it
• Imagining the worst	➔	• Accept own limitations and vulnerabilities – compassion for self, feel the negative feelings fully for a short while and then allow them to transform
• Feeling guilty, useless	➔	• Pattern interrupt – do something completely distracting
• Child's behaviour is just too much	➔	• This won't matter in 5 years

Activity

Old Ways

New Ways

Don't add fuel to the fire



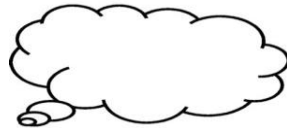
Less said, more peace



Pause!



Think.....
.....then respond



This won't matter 5 years from now



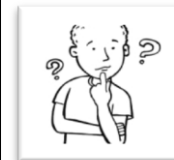
They're only young



Take a chill pill



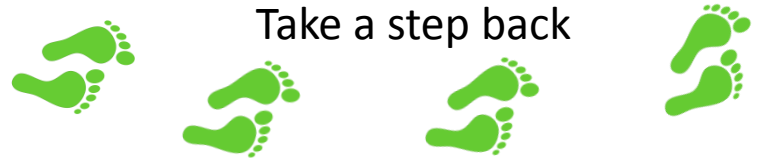
Breathe!



What's the behaviour
telling me?



Take a step back



Don't react!



It's not personal

