

Parenting in the Real World

Watch for Emotional Control Strategies

Getting loud

Giving up

Giving in

Respond Rather than Reacting

1 Pause – Take a moment

- Take a breath
- Get grounded
- Notice your body
- Have a mommy/daddy time-out

2 Notice – what is going on with you right now?

- | | | | |
|--------------|-------------|--------------|------------|
| Angry | Demanding | Detached | Jealous |
| Critical | Impatient | Chaotic | Judged |
| Grieving | Ashamed | Disconnected | Judgmental |
| Annoyed | Depressed | Cold | Conflicted |
| Antagonistic | Bitter | Discouraged | Envious |
| Defeated | Desperate | Irritated | Lonely |
| Hopeless | Destructive | Disgusted | Confused |
| Anxious | Insecure | Competitive | Lost |

3 Choose – what do you most value being as a parent?

- | | | | |
|------------|-----------|----------|------------|
| Supportive | Steady | Caring | Patient |
| Consistent | Strong | Genuine | Fun-Loving |
| Open | Authentic | Focused | Humorous |
| Curious | Empathic | Friendly | Energetic |
| Helpful | Loving | Calm | Grateful |

As a parent I aspire to be _____
