

REFLECT/REASON:







Make sense of
our child's
experience.

 JUDGEMENT



This sign means
we PAUSE.

LABEL
EMOTIONS &
BODY
SENSATIONS

- "I saw how hard that was for you. You really wished your sister would lend you her toy.  Discuss emotions felt. What can we do about this next time?"
- "Earlier this morning, you told me that we don't spend enough time together.  Discuss emotions felt. Can you tell me more?"
- "You told me that you hate your sister last night,  Discuss emotions felt. Can you tell me more?"
- "Was it hard earlier when your sister didn't want to play with you?  Discuss emotions felt. Does it happen that you don't want to play with someone? What does it mean about us when someone doesn't want to play with us?"

Bring the child to come to realizations on their own versus us telling them what they need to realize.

REFLECT/REASON:



- Before starting this conversation, make sure you are **coming from a place of love, children feel our energy**
- If you start the conversation & you see your child is still dysregulated. **Drop it!**
- Oftentimes children may **not know** why they did what they did or felt the way they felt. The reason behind doesn't matter so much. The **awareness matters.**
- Try **not to lecture**, we want our kids to enjoy conversations with us & not for them to feel like they are heavy & annoying.
- Depending on how your child reacts to, "I want to speak to you" you can try, "**I want to understand you.**"
- **When we reflect back, we want to EMPOWER our child & not overpower them.**

REFLECT/REASON:



OVERPOWERING

- We assume we understand & aren't curious
- We tell them what to do & how to go about the situation
- We label things as "good" or "bad"



EMPOWERING

- We show curiosity & bring our child to have self awareness
- We refrain from telling our child what to do & give them the space needed to figure things out
- We give them the opportunity to feel capable & satisfied with their own decisions "I wonder what you are going to do about this."

If your child is used to you "fixing" situations for them, they might feel angry & upset with this new approach. It's understandable. They now need to feel their emotions & navigate the situations. Remind yourself this is how we become resilient.