

# EMOTIONAL CONNECTION: REPAIRING THE DISCONNECTION

When we realize the need to repair after many years of parenting with an approach that we want to change, it's best to be open about it with our kids.

Bring up what we did in the past & the reflection we had over our past actions. Take the time to listen to how our children felt about those actions. Validate & offer empathy for their experience. Share how we would like to approach situations moving forward & listen to their feedback.

## *Script for what this may sound like:*

**"Our relationship matters so much to me. I love you & you are important to me. I've been learning & doing lots of reflecting, specifically with how I am handling certain situations. I want to change how I go about certain things.**

**You know how I ask you to go to your room when you cry? How does that feel for you? ( take the time to listen & validate) I am learning that crying is the way our body is helping us feel better & I am unlearning all the negative associations I have with crying. I want to stay with you & be there for you when you cry. I wish I never left you alone in your room when you cried. Know that there is nothing wrong with you for crying. I want to do better. I love you."**

# EMOTIONAL CONNECTION: REPAIRING ON THE ACTUAL MOMENT

At times we are in the midst of approaching our child & communicating in ways that we know aren't ideal. For example we start communicating with a loud screaming tone of voice & we realize it while we are lacking patience & are frustrated. During such a moment we can give ourselves another chance to start over. This models to our child what they can also do at times when they mess up!

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*Script for what this may sound like:*

**"I do not like how I just expressed myself to you. Let me try that again. You matter & you are worthy of being spoken to with respect." (We can then restart our conversation.)**

# EMOTIONAL CONNECTION: REPAIRING AT A LATER TIME

At times we don't realize on the actual moment & only realize or are calm enough to reflect back on our actions at a later time. It's best to circle back to those moments & allow our children to express how they felt to us, offer empathy & validate their experience.

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*Script for what this may sound like:*

**"Remember this morning when I said (share what took place)? I thought that over. A better way for me to have expressed myself would have been (share a better way). Know that the way I expressed myself to you, has nothing to do with you. I am figuring myself out & want to try to do better next time by (share how we are going to help ourself next time, for example, taking deep breaths)."**