

28 ways

to Reclaim Peace in Your Parenting

- Talk about your own feelings, using descriptive language beyond mad, sad or happy
- Allow your child the opportunity to explain their perspective and share their feelings, even when they have disobeyed you
- Paraphrase what they said to provide words to label their feelings
- Words hold power: use positive and intentional language
- Ask them to think about situations from others' point of view
- Share a meal together as a family
- Give them responsibility and tasks at home
- Apologize when you make a mistake
- Ask them to help repair something they caused. For example, if they knock something over, ask them to help clean it up
- Set guidelines so they know what is expected of them
- Plan a fun 'date' night with each kid
- Recognize their accomplishments
- Join a community of parents for support
- Make a habit of sharing gratitude for the day
- Get outside together
- Find time to talk with your child while traveling to school or at night before they go to bed
- Sing their favorite songs together
- Color them a picture/write them a special note
- Our thoughts are reflected in our faces, be aware of your expressions
- Encourage other adults to invest in your child
- Show them it's okay to be imperfect