

Getting to CALM

When YOU stay calm, you can be a more effective parent
AND your child will be calmer

Calm Mind Calm Body Calm Space

"But my daughter can be so defiant; my son can be so aggravating; my daughter said she hated me after all I do for her; my son lied to me...HOW do I stay calm?"

Find what works for you. Here are some ideas:

- **Breathing:** Deep & Slow. One method is 7-11 breaths: In for a count of seven, out for a count of eleven' start with five breaths at a time and then longer, depending on how much time you have. There are variations on this, but shorter in, longer out is best for calming.
- **Tense and relax:** tense all the muscles in your body at the same time, hold a second and then relax. Repeat.
- **Find empathy for your child:** remind yourself he/she is struggling, overwhelmed, tired, growing up.
- **What soothes you? Consider all your senses:** Listen to music? petting the dog? Drink a cool glass of water?
- **Take a break:** "I need to calm down before we talk so I'm going to take a walk."
- **Try a mantra:** a repeated phrase in your head or out loud: as simple as "I am calm" or "I've got this."
- **Physical space:** how can you create a calmer space in your home? Light dimmers? Plants? Colors? Less yelling? Less crazy schedules?