

RESPECTFUL & MINDFUL  
PARENTING PRACTICE

4 STEPS  
from

CONFLICT to  
CONNECTION

brooklyn  
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# 01 Pause

**This is  
not an  
emergency**

- First - Do nothing.
- Slow down & remember, "This is not an emergency."
- Breathe: Long exhales.
- Calm body = Calm mind = Responses vs reactions.

# 02 Self Check-in

## Acknowledge the existence

- Turn the spotlight on yourself vs trying to control your child's feelings/behaviors.
- Look inward with curiosity vs judgement: "What's happening in me right now?"
- Notice thoughts, feelings, body tensions/sensations, impulses in the present moment.
- Acknowledge the existence of what you've noticed. Without judgement.



- See your child & yourself in a positive light: we are all human and doing the best we can in any given moment
- Both you and your child are just trying to get your needs met - however unproductively in this moment.
- Your child is not giving you a hard time, they are having a hard time.
- Seek to understand what your child is feeling/needing vs what they are doing.

# 03 Feeling / Needing Reframe



# 04 Respond with C.A.R.E.

Compassionate. Accepting.  
Respectful. Empathetic.

- Choose the least harmful response that is Compassionate, Accepting, Respectful, & Empathetic.
- Lead with empathy & listen more than you talk.
- You don't have to agree with their perspective to validate their experience.
- Remember: all feelings & needs are valid. Certain behaviors must be limited.



# Reflect on...

Which steps are easiest for you?

Hardest?

What sensations in your body let you know something is easy or hard for you?

What's different or the same about your interactions when you know about these steps?

What interactions still leave you confused or frustrated?

Was this helpful?  
Let's talk.

Schedule

Now



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