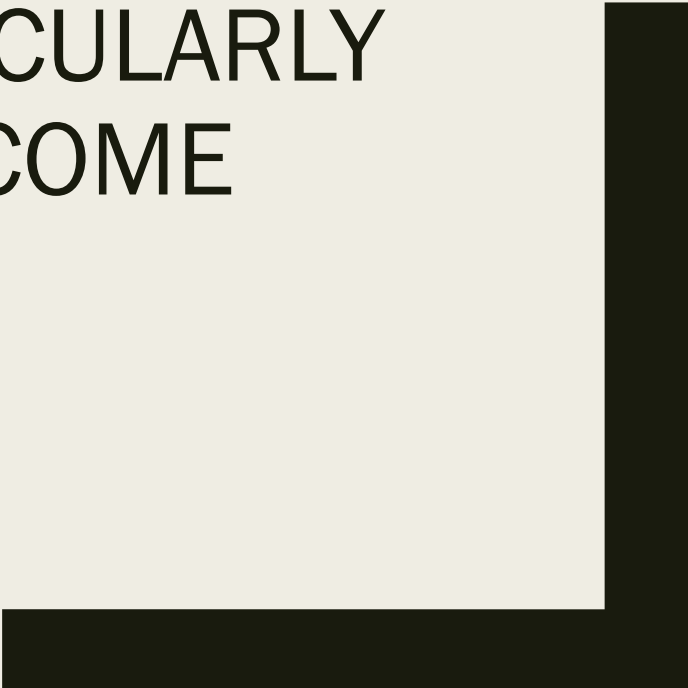


STRATEGIES FOR PARENTS
TO REMAIN CALM WHEN
DEALING WITH CHILDREN
AT HOME, PARTICULARLY
WHEN THEY BECOME
DISRUPTIVE





Home life & Routine

- Extended Family
- Afterschool Routine
- Weekend Routine

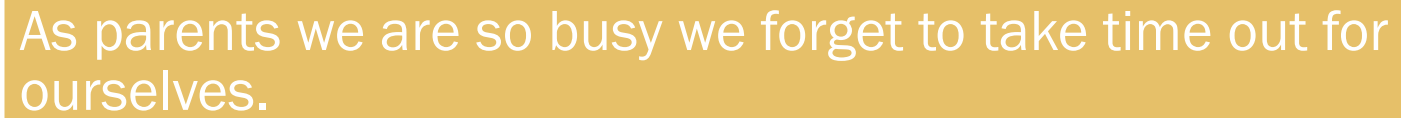


Reflection Spot

- Do you have a reflection spot at home for your kids?
- A place without technology where children can reflect on their behavior

Parents

As parents we are so busy we forget to take time out for ourselves.



Do you have a hobby?



Do you enjoy sport?



Do you currently take time out for yourselves?



Shouting

As hard as it can be to remain calm in a situation, shouting is a very ineffective way of controlling a child.

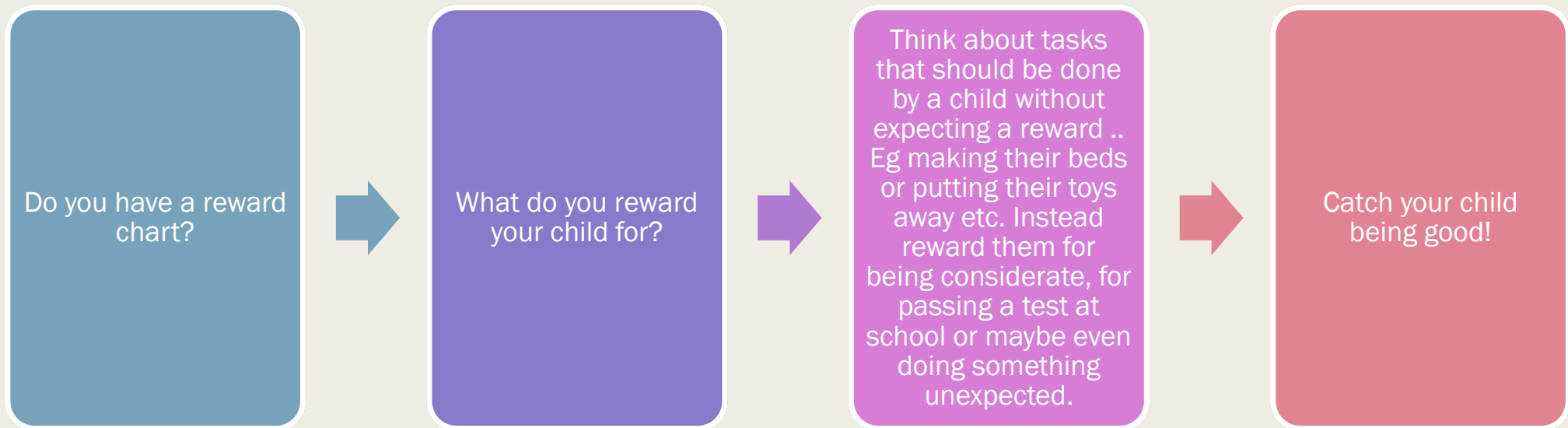
Shouting can lead to a child being very nervous or fearful for the wrong reasons

The child will develop a block, this will leave an everlasting imprint on a child's heart and can manifest in negative behaviours later in life.

Q: what vocabulary do you currently use when your child/ren does not listen?

Q: How can you change your approach?

Consequences & Rewards





Q&A

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.”

-L.R. KNOST