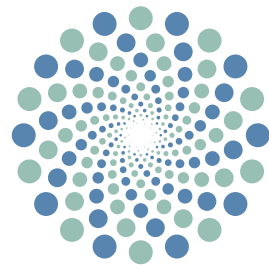


5 ESSENTIAL SKILLS TO FACE CHALLENGING BEHAVIOR



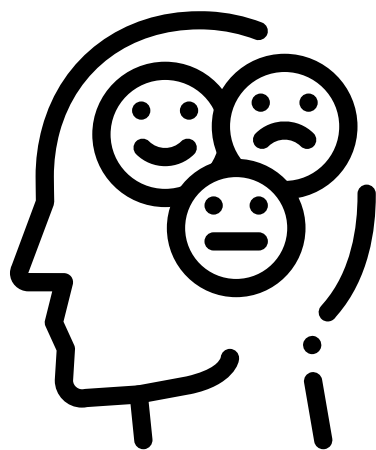
GET OUT OF REACTION



Notice when your lid is flipped before you speak or act.
Anchor by pausing to smell or listen or breathe so you can untangle and own your thoughts, emotions, body sensations and needs.
Ask: What am I feeling? Needing? Thinking?
It is from this centered mindset that you connect with your child.

FACE CHALLENGING BEHAVIOR

Know their lid is flipped; this is all about them, nothing about you
Meet their intense (Wolf) energy as trying to meet needs.
Say: "Something's important. What do I need to know?"
Enforce a limit (as necessary) "I can't let you...(hit me/sibling)"
Connect...after they've had enough space and time to feel.



VALIDATE EMOTIONS, ESPECIALLY UNCOMFORTABLE ONES

- Most of us didn't experience emotional validation growing up- so we are uncomfortable with anger, shame, anxiety, sadness, uncertainty, and pain when our kids feel them.
- Surprisingly, experiencing all these emotions is necessary.
- They give us crucial information about our unmet needs.
- Validate: "It makes sense you feel... (frustrated)"

SET CLEAR LIMITS

- Set clear limits ahead of time, when centered, not when your lid is flipped and you want to teach them a lesson/punish.
- They will test them, react, emote; it's how they learn.
- Anchor yourself; facing these emotions is uncomfortable.
- Your kids need you to be clear and firm enforcing; it is how they know they can make a mistake/misbehave and are still loved and belong.



LIFE SAVING LISTENING

- Life Saving Listening is a unique experience that creates safety, encouragement to feel and deep acceptance.
- It is unlike normal listening as there is no judgement, no fixing, no advice.
- You listen, reflect and validate so they hear their own wisdom.
- We don't normally get a chance to be heard and seen and accepted in this healing way.
- Once they trust it is real, as they yearn for it so much...they blossom.

MORE SUPPORT

- [Sign up](#) for free downloads and to receive [my blog](#)
- Request to join the private FB Group Connection Parenting [here](#)
- Join our Parent Community for live (and Recorded) Webinars as well as weekly tips and encouragement. The next one is on Facing Big Emotions and are ongoing, [More Information](#)
- Schedule a free Insight call to understand the clear reasons why your family dynamics are intense and hard plus one thing to do differently today.

