

IF YOU MAKE A MISTAKE...DO THE 4As

ADMIT

Be honest. Admit what you did. Everyone makes mistakes. Build trust instead of break it.

1

2

APOLOGIZE

Say: "I'm sorry." Apologize for your part and seek forgiveness.

make **A**MENDS

Try to make it right. Sometimes the "I'm sorry" is enough... sometimes there's more work to do. Find a way to solve the problem.

3

AVOID MAKING THE SAME MISTAKE AGAIN

Learn from your mistake. What can you do differently next time? Think ahead and problem-solve. Learn, grow, and move on!

4

 Real Life Families

NOTE TO PARENTS: Use the 4 As to create a safe place for your child to make mistakes and learn from them. Coaching your child through these 4 steps helps them to become great problem-solvers and can prevent lying, hiding mistakes, and feeling ashamed.