

WHY WE YELL

Notes

Quotes

Questions/Challenges

3 YELLING AMPLIFIERS

#1 Take-Away

Notes

Quotes

Questions/Challenges

NEGATIVE EFFECTS OF YELLING

#1 Take-Away

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SELF-CARE TOOL

#1 Take-Away

Notes

Quotes

Reflect Back...Move Forward

- WHAT DO YOU ALREADY DO TO TAKE CARE OF YOUR OWN NEEDS?

- WHAT IS ONE STEP YOU CAN TAKE TOWARDS TAKING CARE OF YOUR NEEDS MORE?



ROUTINE TOOL

#1 Take-Away

Notes

Quotes

Reflect Back...Move Forward

- WHAT GOES WELL IN YOUR CURRENT ROUTINE?

- WHAT TYPE OF CHECKLIST WOULD BE MOST HELPFUL TO YOU AND YOUR CHILD-----
BEFORE SCHOOL, AFTER SCHOOL, BEDTIME, CHORES, MEALTIME, ALL OF THESE?



PRACTICE TOOL

#1 Take-Away

Notes

Quotes

Reflect Back...Move Forward

- WHAT IS ONE SKILL YOUR CHILD IS REALLY GOOD AT?

- WHAT SKILL DO THEY NEED MORE PRACTICE?



REWIND TOOL

#1 Take-Away

Notes

Quotes

Reflect Back...Move Forward

- HAS ANYONE EVER GIVEN YOU A CHANCE TO REWIND OR REDO SOMETHING?

- DO YOU FEEL THE REWIND WILL HELP YOUR CHILD?



EMPATHY TOOL

#1 Take-Away

Notes

Quotes

Reflect Back...Move Forward

- HOW DO YOU ALREADY SHOW EMPATHY?

- IF EMPATHY IS HARD FOR YOU, TRY CREATING AN "EMPATHY PHRASE" THAT YOU CAN USE.
For example...
 - "I'm sorry that happened. Do you need a hug?"
 - "Oh that sounds frustrating. I'm here to listen."



CONNECTION TOOL

#1 Take-Away

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Reflect Back...Move Forward

- HOW DO YOU ALREADY CONNECT WITH YOUR CHILD IN POSITIVE WAYS?

- HOW CAN YOU CONNECT WITH YOUR CHILD MORE OFTEN?