



# Helpful Tools for Parents

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## Deep Breathing

Take a few slow, deep breaths to calm your nervous system and bring yourself back to the present moment.



## Grounding Exercise

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste to help you re-center.



## Connection Time

Spend time with loved ones, share feelings, or connect with a safe, supportive friend through a text or call.



## Movement

Go for a walk, stretch, or shake out tension. Simple, gentle movement helps release built-up stress.



## Get Outside

Step outside for fresh air and natural light. Spending time in nature can lift mood and reset the nervous system.



## Mini Break

Take a short break. Have a warm drink, listen to calming music, or do a small soothing activity to recharge.



## Self-Compassion

Speak to yourself with kindness. Parenting is hard – remind yourself you're doing the best you can in this moment.



## Journal & Reflect

Write down your thoughts and feelings. Journaling can help process emotions and gain clarity.



**Helpful TOOLS**  
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## HELPFUL TOOLS FOR PARENTS

*Calmer. More connected. More confident parenting.*

Parenting is **hard** — especially when your child is struggling with big emotions, meltdowns, defiance, or anxiety. The stress and overwhelm can leave you exhausted, unsure, and second-guessing yourself. The **good news?**

Difficult behaviour is communication — and there are **proven**, helpful tools that make parenting calmer, more connected, and more effective.

### EVIDENCE-BASED TOOLS FOR DIFFICULT BEHAVIOUR.



Connection Before Correction



Emotional Coaching



Self-Care for Heart Boundaries



Empathy Through Routines & Repair



Co-Regulation



Calm, Consistent  
Boundaries



Play & Positive Attention



Understanding the “Why”

### HOW I CAN HELP

I provide warmth, empathy & evidence-based strategies to help with:

- Managing meltdowns, aggression, anxiety, and defiance
- Improving self-regulation and emotional skills
- Setting kind, consistent boundaries for your child
- Strengthening connection and secure attachment
- Navigating the challenges of neurodivergence and trauma

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Inspired by evidence-based research, including principles aligned with Dr. Justin Coulson's positive parenting framework.



# Helpful Tools for Parents

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Practical support for calm, connection, and confidence at home.

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## — Helpful Tools to Try —

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- **Regulate first, then respond**

A child's nervous system needs safety before logic.

- **Connection before correction**

Children cooperate more when they feel understood.

- **Co-regulation builds self-regulation**

Children borrow your calm before they can create their own.

- **Behaviour is communication**

Big behaviour often signals stress, fatigue, or unmet needs.

- **Small tools, used consistently, matter most**

Simple strategies practiced often are more effective than complex plans.



## Gentle reminder

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You don't need to be a perfect parent — just supported, informed, and resourced with helpful tools.



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