



Be Your Child's Calm Center: How Your Emotions Affect Your Child's Behavior

Human beings are built to reflect each other's emotions. When children display intense feelings and behaviors, our brains naturally reflect those. We start to feel stressed, angry, fearful, or overwhelmed, just like our kids. The most helpful thing we can do is to develop a brain calming practice and make it part of our daily routine.

Key Takeaways:

1. Your emotions affect your child's emotions.
2. Identify the big emotions you and/or your child are feeling.
3. Breathing techniques can help calm the brain.
4. Mindfulness techniques can help calm the brain.

