



Take the Stress Out of Parenting

Remember...

- You are a good parent even if your child doesn't always follow directions.
- Punishment is not the best way to help your child follow directions.
- You are in charge of your level of stress.

Steps to Less Stress:

1. Have fun every day
2. Talk and act with respect
3. Eat meals together often
4. Create routines that work
5. Go to bed
6. Be curious about your child
7. Learn and practice one way to calm your brain
8. Tell stories about your family
9. Use positive discipline
10. Don't be perfect
11. Get support
12. Celebrate

