



## Protect Children's Mental Health

Be this way with your kids:

- Ask yourself, am I triggering calm or stress in my child's brain? Repeat and repeat.
- Refrain from ALL criticism
- Refrain from giving unsolicited advice
- Refrain from arguing
- Learn and apply positive discipline
- Celebrate effort, progress and process
- Work on your perfectionism
- Be a gardener, not a carpenter
- Lean into joy, tolerate vulnerability
- Practice gratitude
- Find a brain calming strategy that works for you and practice it everyday. Remember mirror neurons - it is unlikely that your children are less stressed than you are.

