



Protect Kids' Mental Health

Be this way with your child:

- Ask yourself, *Am I triggering calm or stress in my child?*
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 daily. Remember mirror neurons - it is unlikely that your child is less stressed than you are.

