

Manage Your Frustrations - The Checklist

7 STEPS TOWARDS CALMER PARENTING

If you're continually frustrated by your child's behaviour, try and remain conscious of the following 7 steps:

- ☐ 1) **I must** ensure the expectations I set for my child are realistic
- ☐ 2) **I must** remember, that my child's behaviour isn't a personal attack on me or a reflection of my parenting
- ☐ 3) When I find myself getting frustrated and/or angry, **I must PAUSE!** Pausing will allow me to calm myself and respond to my child rationally
- ☐ 4) **I must** remember that boundary-pushing is a normal and healthy part of my child's development
- ☐ 5) **It's important** for me to set and hold a boundary with my child
- ☐ 6) **I must** remind myself that I have more success when I respond to my child rationally
- ☐ 7) **I can** set a boundary whilst acknowledging my child's feelings. I can say "no" to the action whilst saying "yes" to the feeling



Print this list and stick it on your fridge!