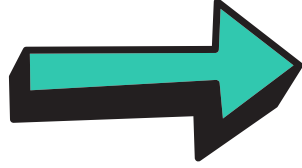


What to say...

**INSTEAD OF**



Try our 3C Method!



**"DON'T BE RUDE!"**

## 1 Connect to yourself

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"My child needs guidance."  
"This isn't personal."  
"I'm a good parent."

**MANTRAS**

## 2 Connect to your kids

"I'm taking a deep breath. Then, I'd like to figure this out together."

"I wonder if there is another way you can say the same thing."

"You must be really upset to be speaking this way."

"I want to hear about how upset you are, but first we need a break."

## 3 Collaborate outside the moment

"I notice sometimes when you're feeling frustrated or angry inside, you use really BIG words that you might not mean. I understand. Next time you feel this way, what do you think might be a better way to say how you're feeling? Let's figure this out together."

