

6

PARENT MANTRAS FOR SELF-REGULATION



1

IT'S NOT PERSONAL, IT'S
DEVELOPMENTAL.



THEY ARE NOT GIVING ME A HARD TIME,
THEY ARE HAVING A HARD TIME.

2

3

JUST FOR NOW, LET IT GO AND
STEP AWAY FROM THE FIGHT.

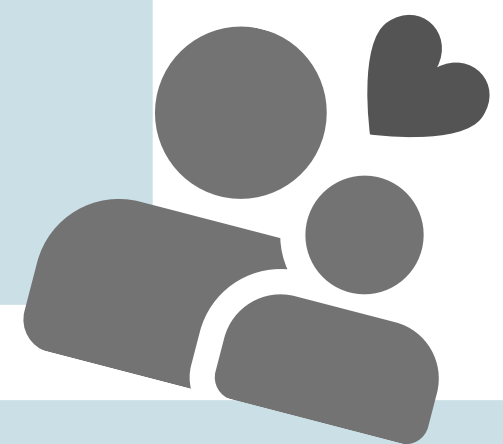


THEIR BRAIN IS OVERWHELMED AND
THEY NEED MY HELP TO REGULATE

4

5

I AM THEIR CALM IN THE STORM.
I AM THEIR SAFE SPACE.



I CAN DO THIS. I CAN BE THE PARENT
THEY NEED RIGHT NOW.

6

