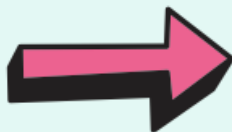


What to say...

# WHEN YOUR KID

## DOESN'T LISTEN TO THE RULES!



Try our 3C Co-Regulation Method!



### 1 Connect to yourself

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"I have the skills to do this."  
"My child needs my help."  
"I can respond calmly."

**MANTRA**

### 2 Connect to your kids

"Seems like you're struggling to follow this rule. I'll help you put that away."

"Where would be a more appropriate place to play that?"

"How about we come up with an indoor activity idea for after dinner?"

"Can you repeat the rule about balls in the house?"

### 3 Collaborate outside the moment

"It's really tempting for you to bounce the ball inside the house. I can see how much fun you're having, but you know we have this rule for safety. What's a better way for you to remember to move your game outside next time?"

