



Baby and Toddler On Board

mindful parenting when a new baby joins the family

Tips To Follow Your Child's Lead When It Isn't Easy

How to follow your child's lead when it's difficult - at times when you might be tempted to label your child as "naughty" or "bold"

1. Remember the ABC and focus on your breathing

Unless it's an emergency situation, take a moment to:

Acknowledge what's going on for you

Breathe

choose Calm

2. Respond rather than react

Rather than react, it is more helpful to **respond** in a way that gives your child the message, "I'm following you," "I'm here for you." If you react by saying "Don't be bold" or "Don't do that" your child does not understand what they need to do differently, so they are likely to continue with the same behaviour. Take a moment to first think about how this is for the child.

3. Your child's behaviour is about them, your response is about you

4. Only say "No" when you absolutely have to

Believe your child is capable. Give opportunities - and unobtrusive help if needed - to develop their competence. Redirect.

5. Recognise a challenging incident is also an opportunity

An incident can be a learning opportunity for your child and it may also be a opportunity for insight for yourself as parent to understand your child; to discover what matters to them, what creates connection and builds your child's self-esteem - what does help, what doesn't and what's needed.