

Conscious Parenting

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This document is a quick visual reminder for when you are being triggered in the moment. Hang it up on your refrigerator or somewhere that you will see it often so that you can refer to it in the moment.

RECOGNIZE TRIGGER

Remember whenever you have ANY elevated emotional response it is about YOU!

DISENGAGE AND DESTRESS

Solutions or change CANNOT occur for you or your child while either of you is in a triggered state. Remove yourself from the situation and do whatever you need to do in the moment to relieve the stress response: scream in the bathroom, tap, dance, sing, stomp!

RE-ENGAGE AND REPAIR

Once you have calmed down, come back to your child and explain in simple terms what happened (Mommy was angry and had to do some stomps and yells to get it out, it is not your fault). Give some affection to your child. The energy you come back with is very important, your child will see right through your words!

TURN INWARDS WITH CURIOSITY NOT JUDGMENT

Take time for yourself later on for self care and healing. Use the worksheet provided for working through the trigger by tapping. Do whatever feeds your soul; journal, read, meditate etc and fill your cup for yourself and your child. BE KIND TO YOURSELF!
