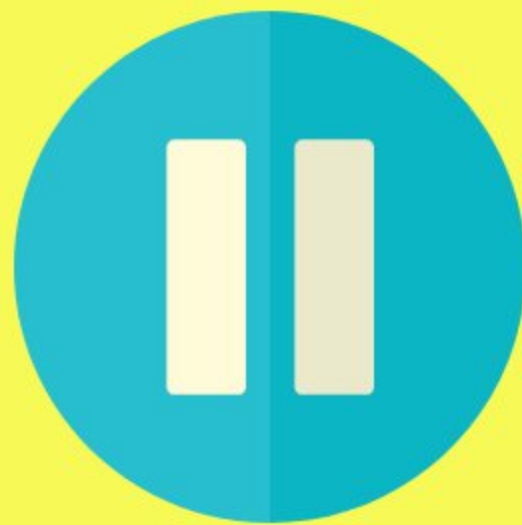


Before you
flip your lid
with a kid....



P

A



S

E



P practice slow, deep breathing;
step back, think before you act



A allow yourself to begin to calm down;
tune in to how your mind & body feel



U understand that you have choices
& that this moment will pass



Shift your thinking, decide to let go of anger
& choose love



Empathize with your child, re-engage,
and offer comfort & support

