

# The Parental Pause....

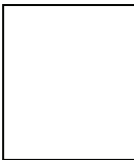
1. Stand still. Ground your feet.
2. Gently bend your knees.
3. Place your right hand on your heart.
4. Take a deep breath.
5. Slowly stand close by or kneel near your child.

Be present & still.

Observe the world through their eyes.

Silently remind yourself:

*“My child/teen is not bad or naughty -  
they are just struggling to cope.  
Let me be what they need right now -  
a safe base.”*



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