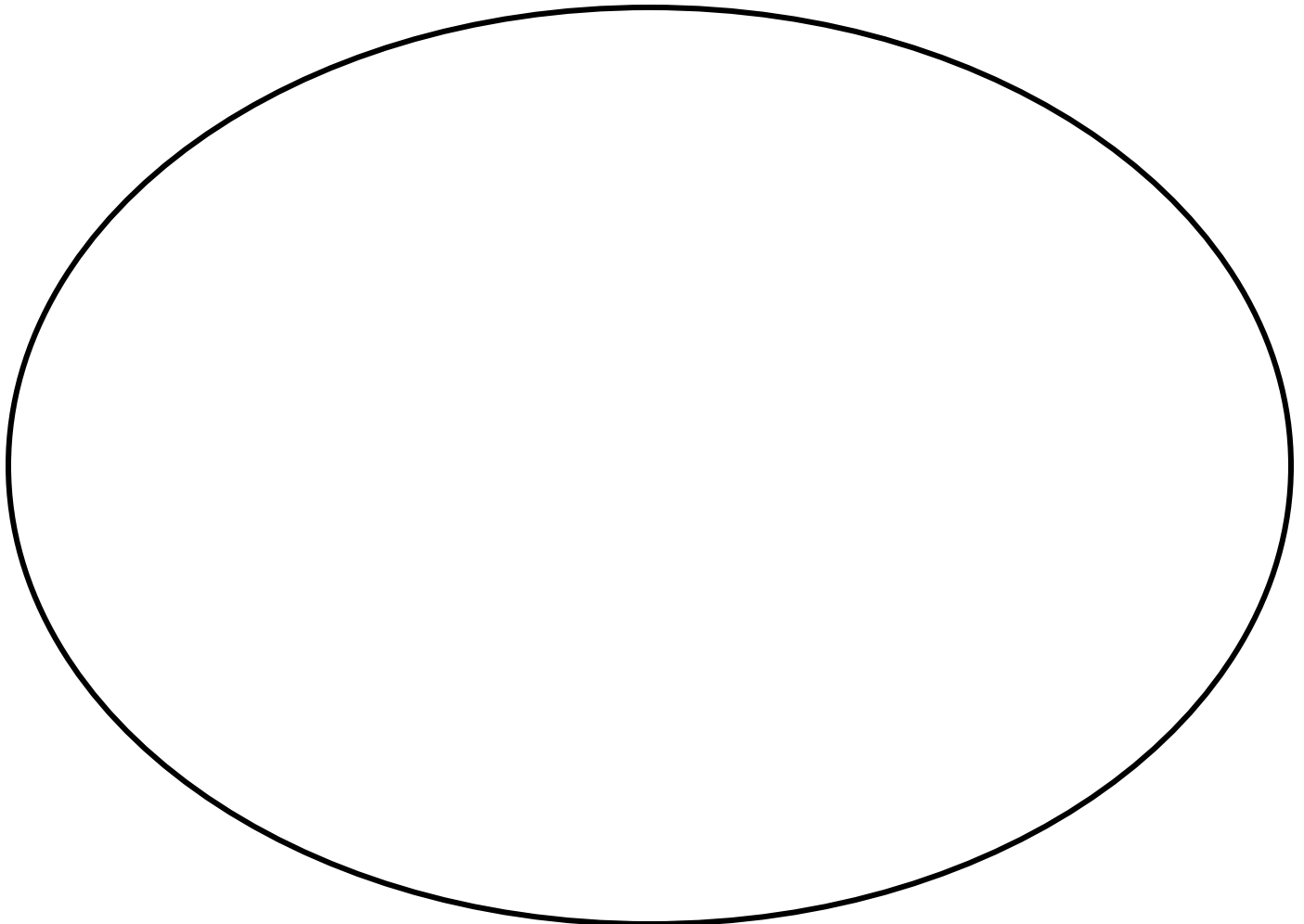


My child's spirited moments look, sound and feel like this TO ME.

Those moments look, sound and feel like this TO MY CHILD.

Let's flip how we think about this! Reframe these behaviors and traits as strengths. Describe how they can/will serve your child well.



Thinking about the moments that I am not at my highest....

What am I typically thinking during my child's spirited moments?

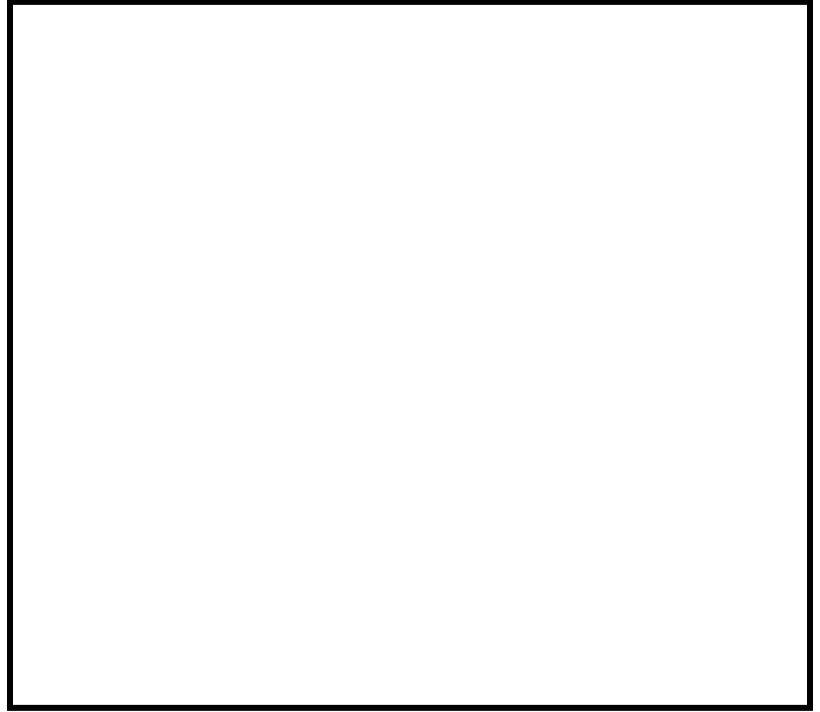
How might this be impacting our interactions?

When I notice that I am thinking this way, what can I choose to think, instead?

## Action Steps!

What will it look like for you to have flexible, open communication with your child? What will you say? What will you do?

How will you support your child in morphing these challenges into strengths? What will you say? What will you do?



You and your child, here.

Today, I commit to....