

MOMMY MANTRAS

to get you through your day

1

"This is not an emergency."

2

"I can handle this."

3

"I will breathe in calm; I breathe out calm." "I breathe in love."

4

"My child would do well if he or she could."

5

"Behavior is an unmet need."
"Behavior is communication."

6

"God I'm safe with you."

7

"I have everything I need right now."

8

"Connection before correction."

References:

Dr. Laura Markham www.ahaparenting.com
Dr. Ross Greene www.livesinthebalance.org
Shawn Fink www.abundantmama.com
Dr. Daniel Siegel www.drdansiegel.com/