

Stay Consistent
say what you mean and
mean what you say
don't give in to
bargaining or pleading

Connect First (before giving
consequences)
its important that your child 'feels
felt'
label the feeling (giving your child
the language needed)
eye contact - get just below your
child's eye level

Dr. Dan Siegel, No Drama Discipline

**Use the Anger Scale to Help Your
Child Recognize When Things are
Starting to Heat Up**
1 to 5 = 1 is calm and 5 is very angry
help your child identify triggers
before they become a 4 or 5
praise your child for using strategies
to 'come down'

Kari Dunn Buron, The Incredible Five Point Scale

Keep It Short and Simple
describe don't preach
when making a request, stay
unemotional (don't get sucked
into an argument)
avoid escalating words like 'you
never' 'you always'

Barabara Coloroso

**Forgive Yourself,
Ask Forgiveness,
Try Again**

**Loving through
the Anger**

