

**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**

