Helping Kids Thrive: The Elementary Years

Reflection questions:

1. What do you want for your child’s future?
2. What do you want your relationship to be like with your child as they grow?
3. How do you want your child to remember their childhood?

Tools:

1. Encouragement vs praise
2. Triple C’s (Consistency, Communication, Consequences)
3. Emotions Elevator
4. Communication (bug and a wish, “I” statements)
5. Grounding techniques/physical exercise