

# Behavior Modification Tools for Everyday Parenting

## 1. Lead with Connection, Not Correction

- Notice their emotions first. Don't rush to fix.
- Say: 'You're upset because you had to stop playing. That makes sense.'
- Your calm helps them calm down faster.

## 2. Pause First, Then Respond Calmly

- Take a breath before reacting.
- Say: 'That choice wasn't okay. Let's talk about it.'
- You don't have to react right away.

## 3. Use Natural Consequences That Teach, Not Punish

- Let real-life consequences happen when possible.
- Say: 'You spilled, let's clean it together.'
- Focus on learning, not punishment.

## 4. Reflect and Repair

- Talk briefly after a tough moment.
- Say: 'Let's talk about what we can do differently next time.'
- This builds trust and accountability.

## Things to Notice About Your Child

- Do they need space or comfort when upset?
- Do transitions or routines cause stress?
- What helps them reset?

## Things You Can Try Right Away

- Name one emotion you notice today.
- Practice one pause-breathe-respond moment.
- Use one natural consequence consistently.
- End the day with a reflection question.