



MINDFUL PARENT MANTRAS

I am the best parent for my child

ONE BAD MOMENT DOESN'T
DEFINE MY DAY

I can be the calm in my child's storm

The behaviors I model speak louder than words

KIDS ALWAYS WANT TO DO WELL

*My child is not giving me a hard time.
He's having a hard time.*

My child is more than their behaviors

I NEED TO CONNECT BEFORE I
CORRECT

I will be the strong leader my child needs

I am grateful for my child and their unique personhood

I WILL HAVE FUN TODAY

My child's behaviors will not define my day

Today I will show grace to my child and myself

LOVE IS MORE POWERFUL THAN
ANGER