

# I DON'T KNOW HOW TO HELP MY CHILD FIND BALANCE

## Webinar Tip Sheet



Scan to watch

REPLAY LINK: [HTTPS://VIMEO.COM/962678859](https://vimeo.com/962678859)

### Practice empathy for your child

Respect your children as the unique human beings they are. Actively listen and talk with them, not at them. Support them as they figure out their goals and what makes them happy.



### Support kids just being in the moment

There is an enormous amount of pressure for kids to do it all. Support yourself and your family to be more present in the moment. Spend time together without expectations of achievements.

### Be your child's safety net

Your children need you to be a safe place they can come to without judgment. Sometimes that can simply be a place to vent. Reassure your children your love and support are unconditional.



### Set limits with explanations

Help your children understand the “why” of the rules before you set them. Go beyond, “because I said so” and explain to your children the reasoning behind the limits. This will help them understand that your motivation is to protect them from negative consequences now and in the future.

