

Parents PEACE Framework

Practicing

No parent has all the answers

Practicing:

Esteem-building, Awareness, Communication, and Evaluation

builds confidence, hope, and gradual improvement.

Esteem-building

Treat yourself and your child as human beings worthy of dignity and respect at all times.

Forgive yourself and your child when expectations are not met.

Awareness--S.I.T.

Stop the action

Identify your part in the situation, actions & emotions

Think about how everyone's actions & emotions mix to bring about conflict.

Communication--6 T's

Tell your child when he/she's "being good"

Take the time

Talk and listen

Two-way interaction builds

Trust which leads to a parent's ability to

Teach-the real meaning of discipline

Evaluation

Do I feel good about myself?

Do I understand my child better?

Do I feel better understood?

Do my actions allow my child to have hope?

Do my actions help me feel closer to my child?

Remember:

There are no quick fixes to complex problems.

It is all about PRACTICING.

Take slow, deep breaths and begin again with renewed confidence and hope.