

Mindset is Everything

10 mantras to repeat everyday

1. I will seek balance between supporting my child and over-functioning for them.
2. I know my child needs extra support and it's OK to give them extra guidance each day.
3. It's expected that interventions and systems will continually change with age and development.
4. I will seek to support the need underlying my child's behaviors.
5. My child needs to feel a healthy sense of control.
6. I serve my child best as a LEADER not a dictator.
7. I will strive for influence over control in my child's life by showing them respect.
8. Collaborating is the best way to work through challenges.
9. Creativity and fun are invaluable tools for stressful situations.
10. I will actively seek out positive qualities in my child and focus my time, energy and thinking on these things daily.