The Calm Mom
CHECKLIST

- [ ] I will stop taking my children's behavior personally.
- [ ] I will zoom out and realize this moment does not define myself, my child, or our family.
- [ ] I will create a plan for moments when I want to lose it. Then I will follow the plan.
- [ ] When I feel anger I will walk away and discipline when I'm more calm.
- [ ] Brainstorm some calm down tricks and practice them before you need them.
- [ ] Give yourself space in daily life to regenerate and recharge.