



# Seasons Counseling Center

## Parenting Through Big Behaviors

Calm Strategies for Growth & Connection



### Control Your Own Calm

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### Name & Validate Emotions

Label what your child is feeling and show empathy. Let them know it's okay to *feel what they're feeling, even when the behavior isn't okay.*



### Rethink the 'Why':

What unmet need could the behavior be communicating? Look beneath the surface to understand what your child's behavior may be trying to tell you.



### Set Limits & Offer Choices

Kindly but firmly set a clear boundary. When possible, offer two appropriate choices to help your child regain power—*both are acceptable.*

**Connection First—Then Correction**