



5 changes in 5 minutes

to make parenting better, easier, right now!

Welcome,

I am thrilled you've joined the evolving parents community.

We all have parenting moments when we wish we could wave a magic wand and create change. I've included just such a list here for you --- 5 changes in 5 minutes--- for you to add pixie dust to your parenting.

For each idea I've included an explanation of how it works and what it means for our children.

Additionally, the final page is a set of cheat sheets. 4 copies to print and paste, or print and tape, hang, balance, post...whatever you need to attach them wherever they will be the most helpful.

Again, welcome to our community. And if you'd ever like a little more magic, let me know. From classes to workshops, drop-in office hours to one-on-one sessions, there's always the support you need.

xoxo.

Emily





1. *Puddle jump in their rain boots.*

See the situation from your child's perspective. No matter the issue, stand in their shoes. How does it look different? How does it change your response? An airplane with a bent wing may look like a broken piece of plastic to you, but to your child it has the same impact as a broken relationship. Remember the heartbreak of true love? Empathize accordingly.





2. *Parent backwards.*

Wondering what to do? Begin with the end in mind. What skill do you want them to learn? What feeling are you trying to help them express? Start there and work your way backwards. When we unwind the experience, it helps us know how to move forward.





3. *Stir in laughter.*

In the worst, most tense, most heated situations, laugh. Make a googly face. Sing a song, badly. Shift the energy from one in which you are at odds with your child, to one in which you are standing at their side. Even if you agree to disagree, laughter reminds your child you are in this together. In the most somber of situations, mix in joy.





4. *Tesseract your love.*

Did you ever read 'A Wrinkle in Time' ? A tesseract is a way to travel through space & time. Like a worm hole. Connect with your kids even when they aren't there. Place a note in their lunch. Put a sticky note on the steering wheel of their car. Use a bathtub crayon to leave a message on the shower wall. Start a journal in which you write back and forth to one another. Asynchronous communication expands our child's sense of connection.





5. *Be a growing-up, not a grown up.*

Model for your kids how you are always learning. Invite them to see your mistakes, and show them the process of recovery. Take deep breaths, and then explain why. And when you are stuck? Say the boldest parenting words there are: "I don't know" and follow those with "let's figure it out together".





5 changes in 5 minutes

1. jump
2. unwind
3. mix
4. tesseract
5. grow

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