## PARENTING TIPS

## Skills

**Emotion Regulation** 

**Support Your Child** 

STOP
Stop/Pause
Take a Step Back
Observe
Proceed Mindfully

MAHS
Me: Check on me
Acknowledge
Hold space
Support

## **Conversation Starters:**

SSPF
Specific
Short
Playful
Follow their lead

**Support Your Child's Emotions**