



## Keeping The Guardrails

To practice helping your kids keep within the guardrails:

- **Set the expectation in advance**

In the moment,

1. Take A Mindful Breath – Take one mindful breath – “Breathing in I know I am breathing in . . . breathing out I know I am breathing out.”
2. Use one of the two most powerful words:
  - I’m disappointed.
  - That’s unacceptable.
3. Stay calm and present.
4. *Don’t engage in a discussion.*