

Parent Success Story

This story is from Melissa in Guelph, Ontario.

***Positive
Role Models***

Role modeling self-control

It takes time to change - to be able to 'respond' after thinking things through instead of just reacting. You have to really train yourself in order to be a positive role model. But I realize that my 2-1/2-year-old son doesn't respond well to yelling. Since I've become calmer, he's been calmer. He talks more calmly and is better at asking for what he wants, like "I want my milk". It used to be hard to get him to go to bed. Now we can chat about it. I am trying to catch him doing good stuff and give him a 'high five' – he is surprised and loves it. I am working on getting my husband to 'catch his thoughts' and stop before he reacts. And my 5-month-old baby really responds to 'Ocean Breathing'. I do it at bedtime and she goes to sleep in a minute.