

From Impulse to Intention

Pause · Observe · Follow · Respond

1

Pause

Take one breath before you react. The pause is where your power lives.

2

Observe

Notice your child's body, energy, and feelings instead of assuming.

3

Follow

Understand the need underneath the behavior and follow your child's lead.

4

Respond

Choose a calm, clear response that sets limits with connection.

Today's reflection

One moment I paused today: _____

What I noticed / how I responded: _____