

*The Mom's Foolproof Guide to
Keeping Your Cool When Your
Child Loses Theirs*

Workbook Included



by Nina Cuellar-Barry

Hello!



I'M SO GLAD YOU GRABBED THE
FOOLPROOF GUIDE TO KEEPING YOUR
COOL WHEN YOUR CHILD LOSES THEIRS

When you want to stop yelling at your child when they act out...
When you want to respond to them in an intentional way instead...

You need **a clear process** and **tools**.

I've created this *Foolproof Guide* for you to follow as you move *away* from automatic reactions to your child's emotional outbursts... and *towards* more intentional responses.

This Guide consists of **3 simple steps** and **one tool** to support your transformation. I've included a workbook so you can keep track of where you're making positive changes and becoming more intentional in your responses to your children - with no more yelling!

This *Foolproof Guide* shows you how to transform from a mom who yells and gets upset when her kids lose it- and feels bad afterwards - to a mom who maintains her calm in the middle of their tantrums, backtalk, and upsets...

And feels good about it!

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Let's Talk Triggers

Dr. Becky Bailey (Conscious Discipline[™]) defines a trigger as "anything that activates the perception of threat." It can also be a false assumption we hold, something we learned when we were young that we were wounded by.

Trigger assumptions could be:

- the belief that children purposely misbehave in order to upset you
- the belief that children who upset you by misbehaving must be punished

These triggers produce a cascade of emotions that are very uncomfortable to feel: anger, fear, anxiety, frustration.

Because you want to make these painful feelings STOP, you might react to a trigger in habitual, automatic ways - often in ways you experienced when you were a child

Some automatic, habitual 'in-the-moment' reactions might be

- yelling
- spanking
- labeling ("you're naughty, awful, mean, lazy, stupid," etc.)

When you react in an automatic, habitual way to a trigger, it's never helpful!

Automatic reactions often leave you feeling helpless and powerless. When you're in those emotional states, it's hard to change your behavior to something you'd like better for you and your child.

Dealing With Your Triggers

You may be triggered by different behaviors depending on the age of your child. Some common triggers are

- tantruming in stores (by toddlers)
- whining and crying (in elementary school aged children)
- eye rolling (in preteens)
- rude 'backtalk' (in teens)

When your child has an outburst or is upset with you, it's typical to believe that they're acting that way just to upset you.

You're likely to magnify the problem ("This is what they ALWAYS do").

You're likely to label your child as a problem and place all the blame for the situation on them.

So, if you wish to respond to a triggering event in an intentional way by keeping your cool instead of reacting in automatic, habitual ways that aren't helpful....

The 3 Step Plan

Experiment with this 3-step plan to change your response to triggering moments.

To do that more easily, I've created a little tool to remind you of the choices you could make *instead of* the one you're trying to change.





Step 1: Identify Your Triggers

WHEN YOU WANT TO RESPOND DIFFERENTLY

This will take some thought ahead of time.

When you're feeling calm and you have a few minutes of quiet, think about the behaviors that trigger you.

- When do you lose it with your child?
- When do you say things you wish later that you hadn't?
- When do you feel helpless?

Those are behaviors and situations that are your triggers.

Make a list, journal, record a voice message to yourself. You don't have to figure out why you're triggered, though some thoughts may come to you.

Simply identify your particular triggers.





Step 2: Ground in Your Body

WHAT WILL YOU DO TO INTERRUPT YOUR AUTOMATIC REACTION WHEN YOU'RE TRIGGERED?

In order to give your brain a chance to choose to be calm and cool during your child's outbursts, it's important to ground yourself in your body.

You need to interrupt your automatic reaction (yelling, etc.) in order to choose a more intentional response to the present situation. Grounding in your body interrupts the automatic reaction, and helps you come back to the present moment with your kids so you can make that better choice.

How do you actually do that?

- Take a couple of deep belly breaths and remind yourself that you're safe
- perform some Vagus Nerve calming activities (search YouTube for "vagus nerve exercises")
- do some physical activity like jumping jacks or just shaking your entire body
- Take a break by walking away so you can do a calming activity
- put in your earbuds and listen to your favorite calming music

*Of course, if your child is being unsafe
or anyone is being hurt, attend to that first! *



Use the Emotional Triggers Tool

To help you REMEMBER to do something different when you're about to lose your cool, I've created a visual Tool for you on the last page of this Guide.

Visual tools are highly effective at reminding us of things we want to remember - think about all the tools you have in the environment to help you remember: clocks, calendars, to do lists, schedules, mind maps.

PRACTICE the activities on the tool before you need to use them. Become comfortable with the activities you find helpful so that you can begin using them under stress - and your kids' outbursts are stressful!

Using the Tool in-the-moment will interrupt your automatic reaction to triggers so you can keep your cool even as your child is losing theirs.

Give this tool a try, then.....





Step 3: Respond to the Trigger in an Intentional Way

NOW THAT YOU'RE CALMER, YOU CAN MAKE A BETTER CHOICE

Whether it's

- your preschooler jumping on the couch
- your preteen rolling their eyes
- or your teen talking back to you

Once you've grounded yourself in your body and you're feeling calmer and more centered...

you'll be able to decide how you want to respond.

You could make a reasonable request in a calm, quiet voice.

You might gather up your overly energetic kids jumping on the couch, and direct them to do a physical activity someplace more appropriate.

You could respond to your preteen rolling their eyes at something you've said by remarking, "You may disagree with what I'm saying. That's okay." Then turn and walk away.

But whatever you choose to do, I can guarantee that your response will be more thoughtful, compassionate, and helpful than your automatic reaction would have been.



Workbook

PART ONE

Answer the questions and journal a bit on how it feels when you're triggered by something your child is doing (or not doing).

PART TWO

What would you rather do instead of yelling? Brainstorm some outcomes that would be different and that would feel better for you.

Trust yourself.

PART THREE

Review your Action Plan. Then cut out the tool and prepare to use it when you need it!



Identify Your Triggers

When do you 'lose it' with your child? (What are they doing, how often does it happen, physically, how are you doing? Are you tired, rushed, hungry, etc.?)

What assumption are you making when you're triggered? (your child is doing it 'on purpose,' they "never _____," they're lazy or mean. Any of these feel familiar?)

What do you wish would be different during those challenging moments?

[illegible]

instead of yelling

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.



My Action Plan

1

Practice the grounding activities when I'm calm and feeling good so I know how it feels in my body to be calm and grounded

2

When I feel like yelling, stop and use the Emotional Triggers Tool to remind myself to ground and calm

3

Now that I'm calm, make an intentional behavior choice that will leave me feeling good about how I handled the situation

Emotional Triggers Tool



1. Print this page on card stock.
2. Cut out the graphic above, then laminate or cover with clear contact paper for durability.
3. Mount the finished product somewhere you'll see it during the day & where you can grab it easily when you're triggered & want to be reminded of your choices :)
4. One space is left blank - put your own choice on a sticky note & place it there.

Thank-you!



I'm a former special education teacher and mom who often struggled with children's behavior - with both my own kids and my students.

I've worked with hundreds of moms who wanted their kids to be successful in school, have friends they enjoyed spending time with, and happy and loving at home.

I'm a certified Quantum Human Design Family Coach and I'm passionate about supporting moms who want solutions for their children's behavior that are tailored to their needs - not 'one-size-fits-all' parenting tips & tricks. Those approaches don't work for all kids, especially if they have any unique learning needs, or if they're neurodivergent.

That's why I developed a coaching framework and strategies that can be tailored to individual children and families. The methods and framework I teach factor in individual differences so you're able to:

- understand your unique child's nature and motivations
- understand your own nature and strengths and leverage them to make parenting easier and more fun
- target your discipline strategies to be effective and respectful of both you and your child
- create a connection with your child that is loving and that lasts a lifetime

Would you like to talk about how you can create the most loving and easy relationship with your child? Schedule a Complimentary *Empowered Parent Call* - I'd love to talk with you! Just copy and paste this link in your browser:

<https://tidycal.com/ninacb/empowered-parent-call>