**Parent Mantras**

Assembled from a variety of parenting educators.

**Karen DeBord**

I can do this

I am not a bad parent

I am not the only one in the world with a kid like this

I can make it through this

**Barbara Harvey**

I am the example

I teach respect by giving it

I need to be respectful to my kids

**Eve Sullivan**

Remember to breathe.

In through the nose, out through the mouth:

Smell the flowers, blow out the candles!

**Janice MacAulay**

It’s better to be helpful than right.

 It’s not personal.

**Kerry Fair**

Stop….think….respond

 What you are doing today, your child will likely do tomorrow.

**Minalee Saks**

What does this look like through my child's eyes?

**Lisa Phillips**

Expect progress, not perfection (Mary Kurcinka)

**Ruth Nemzoff**

Forgive your parents as you would like to be forgiven.

**Jim Rogers**

Children ARE as Parents DO

**Sandy Cervenka**

Some days:
 Don't slap him, he's only a child.
 Children are washable.
 Mommy / Ms. Sandy has to go to the bathroom now - where I go and swat at the air until the urge is out of my system.

**Jodie McVittie**

From Jane Nelsen: Connect before Correct
And one I teach: “Think Tree”... And there is a story with that.  I teach folks through an experiential exercise what the body feels like when it is rigid (authoritarian) and someone pushes on it (either fall over or push back), what the body feels like when it is loose (permissive) and someone pushes on it (it moves away) and what it feels like to be present (firm and connected/ authoritative/democratic).  The tree image invites parents to feel a deep root – so they “know their ground” and notice their legs – the trunk which can stand for their values.  Then the tree is tall, can move a tiny bit in the wind, but easily comes back to center.  When their partner pushes on them in “think tree” they feel confident and solid – and yet not rigid.  Interestingly the “pushers” in this activity like the tree the best too... Gives a clear sense of boundaries without being personal.

**Judy Arnall**

“You can’t force a child to learn and you can’t stop a child from learning.” (mine)

“In parenting, never say never!” (mine)

“When your child is grown, you will not be saying, ‘I wish I sleep-trained him earlier’, but rather ‘I wish I held him longer’.  (Don’t know who said this!)

“At the end of the day, if your child is still talking to you, you have parented well.”  (Cathie Pelly)

“Connect before you direct.”  (Gordon Nuefeld)

“Prepare your child for the path, not the path for the child.”  (don’t know who said this)

**Corinna Totinno**

And this too shall pass……

**Ruth Freeman**

Would I post what I am doing/saying on YouTube? If not, I should think of some other approach.

 I am innocent. She is innocent.

Take a deep belly breath.

**Francie Gass**

My job is to be more mature than my children

“Oh, you are so Two! (said with enthusiasm) (substitute the age of your child. They are thrilled and you are reminded.)

**Kathy Bentley**
What you pay attention to is what you get more of.