

YOUR KIDS' BEHAVIOR IS DRIVING YOU CRAZY!

QUESTIONS TO ASK

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WHAT ARE THEY COMMUNICATING?

- Under the anger, whining, or immaturity.
- Do they just need to FEEL their feelings in your safe presence w/o you fixing them or trying to make them stop?

HAS THEIR CONNECTION CUP BEEN FILLED?

- Do they feel like you're delighted to see them?
- Are you too rushed?
- Are you too distracted?

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HAS THEIR CONTROL CUP BEEN FILLED?

- Are you barking orders or asking for help/input?
- How do they get to share their disagreement?

HAS THEIR MOVEMENT CUP BEEN FILLED?

- Kids need hours of vigorous whole-body heavy-work type of movement—especially Enterprising kids.

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HAS THEIR SIGNIFICANCE CUP BEEN FILLED?

- Typically around 6-8 kids develop a strong need to feel significant. They need to know they are intelligent, valued, respected, and important. Are they feeling that message from you?

ARE THEIR SENSORY NEEDS BEING MET?

- Soothing sensory overwhelm or meeting a deep sensory need can create regulation capability.

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ARE THEY EATING, SLEEPING, AND BREATHING WELL?

- They need protein, and to eat every 2 - 3.5 hours. Avoid food dyes.
- Their sleep needs to be a priority.
- Mouth breathing causes a ton of dysregulation.

ARE YOU AWARE OF YOUR THOUGHTS THAT ARE CONTRIBUTING TO YOUR FRUSTRATION?

- We must get good at challenging our distorted or unhelpful thinking. (Most often "shoulds", emotional reasoning, and catastrophizing.)

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