

THE 3C'S

THE NEW DISCIPLINE FORMULA

1. CONTAIN

CONTAIN YOUR REACTIONS

- Body Language, Face, Tone

CONTAIN YOUR CHILD

- Stay Safe, Prevent Harm

2. CONNECT

CONNECT WITH YOUR CHILD

- Soothing Words, Touch, Tone

CONNECT WITH YOURSELF

- Soothing Words, Re-Frame Beliefs

3. COACH

COACH YOUR CHILD

- New Choices, New Behavior

COACH YOURSELF

- Recover, Review, New Plan

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