First, Connect

- **Why connect first?**
  - Short-term benefit: It moves a child from reactivity to receptivity.
  - Long-term benefit: It builds a child's brain.
  - Relational benefit: It deepens your relationship with your child.

- **Connection Principles**
  - **Turn down the “shark music”**: Let go of the background noise caused by past experiences and future fears.
  - **Chase the Why**: Instead of focusing only on behavior, look for what's *behind* the actions. *Why* is my child acting this way? What is my child communicating?
  - **Think about the How**: What you say is important. But just as important, if not more important, is *how* you say it.

- **Connection Strategies – The Connection Cycle: Help your child feel felt**
  - **Communicate comfort**: By getting below eye level, then giving a loving touch, a nod of the head, or an empathetic look, you can often quickly diffuse a heated situation.
  - **Validate**: Even when you don't like the behavior, acknowledge and even embrace *feelings*.
  - **Stop talking and listen**: When your child's emotions are exploding, don't explain or lecture or try to talk them out of their feelings. Just listen, looking for the meaning and emotions they're communicating.
  - **Reflect what you hear**: Once you've listened, reflect back what you've heard, letting your kids know you've heard them. That leads back to communicating comfort, and the cycle repeats.
Then, Redirect

- **1-2-3 Discipline**
  - **One** definition: Discipline is teaching. Ask the three questions:
    1. Why did my child act this way? (What was happening internally/emotionally?)
    2. What lesson do I want to teach?
    3. How can I best teach it?
  - **Two** principles:
    1. Wait until your child is ready.
    2. Be consistent but not rigid.
  - **Three** Mindsight outcomes:
    1. **Insight**: Help kids understand their own feelings and their responses to difficult situations.
    2. **Empathy**: Give kids practice reflecting on how their actions impact others.
    3. **Repair**: Ask kids what they can do to make things right.

- **Redirection Strategies**
  - **R**educe words
  - **E**mbrace emotions
  - **D**escribe, don't preach
  - **I**nvolve your child in the discipline
  - **R**eframe a no into a yes with conditions
  - **E**mphazise the positive
  - **C**reatively approach the situation
  - **T**each Mindsight tools