



Pause and Repair

Handout JS31

Being a perfect parent just isn't a realistic expectation! Sometimes we get disconnected from our children and we aren't always as nurturing as we wish we had been. The good news is that parents can pause and repair by taking time to apologize to their children and figuring out how to make them feel better.

ALL parents make mistakes. *It's normal.* If you ever find yourself feeling like you didn't handle a situation the way you had wished, you can use the questions below to pause and repair with your child.

When you take time to work through these questions, you remind your child that they're loved, secure, and valued.



1. ? What did I do that caused a _____ from my child?
2. ? How did that make my child _____?
3. ? What can I say or do to _____ my child that I understand _____ this made them feel?
4. ? How can I help my child to _____ that they're not to _____?
5. ? How can I remind my child that they're _____, _____, and _____?

Word Bank:

valued safe show blame how
feel understand loved disconnection



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- What did I do that caused a disconnection from my child?
- How did that make my child feel?
- What can I say or do to show my child that I understand how this made them feel?
- How can I help my child to understand that they're not to blame?
- How can I remind my child that they're safe, loved, and valued?

