

# CONNECTED PARENTING MANTRAS

*Tell me about it*

*It's okay to feel...*

*I'm here for you*

*What do you need from me?*

*You are safe*

*You can do this!*

*I know this is hard*

*What can you do to get calm?*

*You never told me about ...*

*Let's work as a team to get past this*

*Can you draw a picture for me?*

*Let's go (insert activity)!*

