

How To Be The Parent

[Effective Parenting Coaching]

1. The Importance Of Connection
2. The Circle of Security Explained
3. The Power of Routines in Parenting
4. Maslow's Order of Childrens Needs
5. How To Set Boundaries & Limits
6. How To Calm an Angry Child



Interactive Video Book

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[The Brain Health Education Institute](#)



www.zerotothree.org

Connection isn't about perfection; it's about presence. Be there for your child, listen, and cherish the moments. Avoid distractions (particularly phones).

Nurturing Emotional Well-Being

Emotional support is essential for both you and your child. When you connect emotionally, you create a safe space where feelings can be expressed without judgment. Validate your child's emotions. Let them know it's okay to feel sad, happy, or confused. Your presence matters.

Building Trust and Security

Consistency is key. Parents often juggle multiple responsibilities, but strive to be there for your child consistently. Predictability provides a sense of security. Children thrive when they know they can rely on you.

Questions? Ask Annie, Your 24/7 Parenting Coach

Quality Time Matters

Prioritize moments together. Engage actively: play games, read stories, and have heart-to-heart conversations. These shared experiences strengthen your bond.

Listening and Empathy

Listen attentively to your child's words and feelings. Sometimes, they convey more than what's spoken. Show empathy. Understand their perspective, fears, and dreams. Your empathy fosters trust.

Self-Care and Connection

Remember, you need connection too. Self-care isn't selfish; it's essential. Reach out to friends, family, or support groups. Parenting can be isolating, but you're not alone.

Celebrate Milestones Together

Whether it's a school achievement or a small victory, celebrate together. Acknowledge their growth. These shared celebrations create lasting memories.

Modeling Resilience

As a parent, you're a role model. Show your child how to face challenges with resilience. Let them see you overcome obstacles, adapt, and find joy despite life's curveballs.

Describe your circumstances and ask Annie for some implementation ideas for improving your connections.



Questions? Ask Annie, Your 24/7 Parenting Coach



www.circleofsecurityonline.com.au

Understanding Circle of Security parenting.

SAMPLE ONLY

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Questions? Ask Annie, Your 24/7 Parenting Coach

Circle of Security Parenting Courses

— *One-on-One via Zoom*

Our COS Certificate Course features adaptable schedules and timelines which are well-suited for court-mandated parenting requirements.

LEARN HOW TO BUILD YOUR CHILD'S RESILIENCE

Parenting is challenging and we all wonder if we are getting it right. You are not alone. Circle of Security™ is a parenting course based on decades of attachment research about how to build a strong relationship with your child. Unlike many behavioural perspectives Circle of Security™ offers relationship tools and a new way of understanding your child's needs.



Circle of Security

I N T E R N A T I O N A L

Building Attachment Around the World

Be Bigger, Stronger, Wiser and Kind

Through the Circle of Security™-Parenting course, you'll start to see that your child's need for attention is actually a need for connection. You'll learn how to be bigger, stronger, wiser and kind so you can set limits and take the time to understand your child's emotional world. — *Annie Boulton*



www.circleofsecurityonline.com.au



www.developgoodhabits.com

The Power of Routines in Parenting

Parenting is a remarkable journey filled with moments of joy, challenges, and growth. Amidst this whirlwind, routines emerge as steadfast companions, quietly shaping our children's lives. Here's why routines matter.

Stability and Predictability: The Bedrock of Security

Routines provide a sense of stability—a reassuring anchor in a world that can sometimes feel uncertain.

Predictability Knowing what comes next—whether it's bedtime stories, mealtime rituals, or playtime—creates a safe haven for children.

Emotional Well-Being Children's emotions are like delicate blossoms. Routines offer emotional shelter. When they wake up to the same morning routine, they feel grounded. Familiarity breeds comfort, reducing meltdowns.

[Print A Daily Routines Planner](#)

Questions? Ask Annie, Your 24/7 Parenting Coach

Self-Regulation Children learn to manage their impulses. Brushing teeth before bed becomes second nature.

Time Management Understanding the rhythm of the day—when to play, study, or wind down—lays the foundation for effective time management.

Rituals That Bond Shared Experiences. Family routines create shared memories.

Mealtime Conversations Around the dinner table, stories flow, laughter echoes, and connections deepen.

Weekend Traditions Whether it's Saturday morning pancakes or Sunday park visits, these rituals knit families together.

Adaptability and Resilience While routines offer security, flexibility is equally vital.

Life throws curveballs—a sudden trip, a sick day, or unexpected guests. Children learn resilience by adapting.

Flexibility within routines teaches them that change isn't scary—it's a chance to grow.

Consistent routines say, "You matter"

"I'll be here every night to tuck you in."

"Our Sunday park visits are non-negotiable."

These small gestures build trust and emotional bonds.

Your Role as parents.

Consistency Stick to routines, even on chaotic days.

Flexibility Adapt gracefully when needed.

Love Infuse each routine with warmth and presence.

Questions? Ask Annie, Your 24/7 Parenting Coach

AND MUCH MORE

Enhancing Parenting for Lifelong Mental Health

At the [Brain Health Education Institute](#), we're tackling a critical issue - community mental health. We recognize that the foundation of mental well-being lies in effective parenting. Childhood trauma can have lasting emotional consequences, affecting individuals throughout their lives.

To address this, we've curated the best parenting practices from leading psychologists and condensed them into short videos and informative content. Our goal? To create an affordable resource for parents.

The result is this interactive video PDF book, titled 'How To Be The Parent' accessible on all devices and computers.

We've included 'Annie' our Parenting Coaching ChatBot

Annie was extensively trained to provide 24/7 personalized guidance, helping parents establish clear guidelines, routines, discipline standards, and expectations within the family unit.

Join us in assisting parents and promoting lifelong mental and emotional well-being.