

Parenting PAUSE Plan

Pause:

1. What are the red flags that I notice when I'm triggered?

Assess:

1. Take a breath. Scan your body top to bottom. What am I feeling right now? Where do I feel it in my body?

Understand:

1. Check in with yourself- nonjudgmentally. What do I want to do?
2. Will this help me meet my goal?

Solve the Problem Together:

1. Listen nonjudgmentally
2. Offer compassion, validate their experience
3. Encourage self-assessment and autonomous problem solving
4. Reinforce the boundary or house rule that was broken (if applicable)
5. Determine a logical consequence (if applicable)

Engage in Self-Care:

1. Take space if you get too triggered (7+ on a 1-10 scale)
2. Take care of your mental & physical health
3. Manage your stress (daily)
4. Talk to others (ie, fellow parents, therapist, friends)
5. Mindfulness (Free Apps on marreropsychology.com)
- 6.
- 7.
- 8.

BONUS POINTS: Apologize if you lost it with them