

The background of the page is a vibrant tropical leaf pattern. It features various types of leaves in shades of green, yellow, and blue, arranged in a dense, overlapping manner. The leaves include large, heart-shaped monstera leaves with characteristic holes, and smaller, feathery palm-like leaves. The colors are bright and saturated, creating a lively and fresh atmosphere.

30-day challenge

Day 24

4 STEPS TO **REPAIR** WHEN AN ADULT LOSES THEIR COOL WITH CHILDREN

1. **APOLOGIZE** - Model **ACCOUNTABILITY** by taking responsibility for your actions
2. Describe what happened – “I am sorry I scared you. It is my job to manage my own emotions. Yelling is not the way to work something out with someone you **LOVE**
3. Do not blame or make excuses – no “if you would have listened.... It needs to be an **UNCONDITIONAL APOLOGY**
4. **BE KIND WITH YOURSELF**- this is a stressful time. There is increased anxiety just going about your regular day. We all lose it sometimes.

REPAIRING it is what **MATTERS**