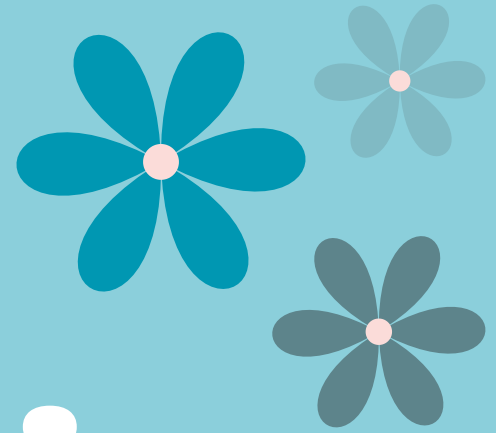
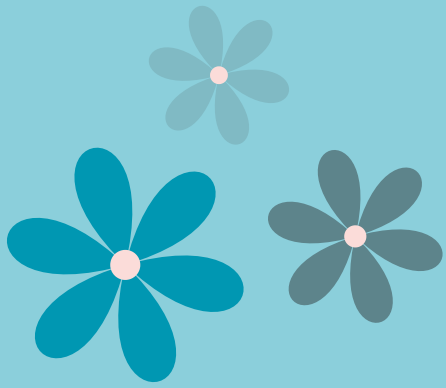
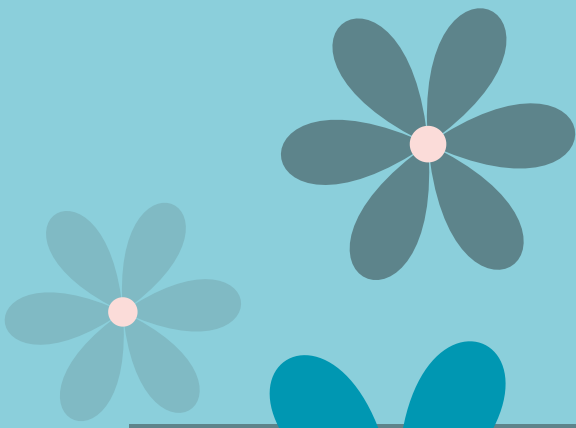


E F F E C T I V E P A R E N T I N G



Connection instead of obedience

LMFT & Conscious Parenting Coach
BRYANA KAPPADAKUNNEL



There is no need to be punitive
and shaming when you give direction
or discipline to your child

Taking a punitive tone,
positions you and your child
against each other

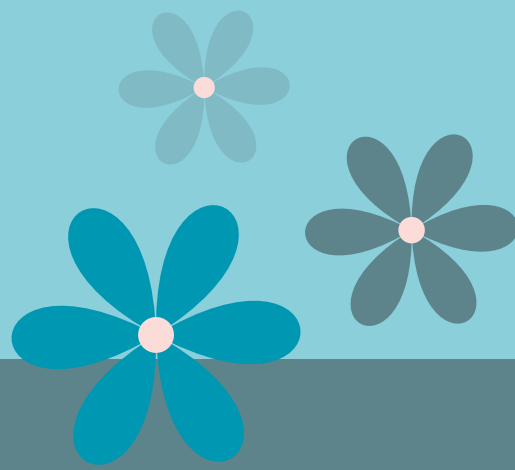
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By staying neutral when your child is not listening, you create a space for you and your child to work on the problem as a team

You can choose a soft voice to put a boundary in place. You can give a recount of the events as they are happening. For example, if your child is running away from you, you can say: *“when you run away from me that way, your body is telling me that you are not safe”*

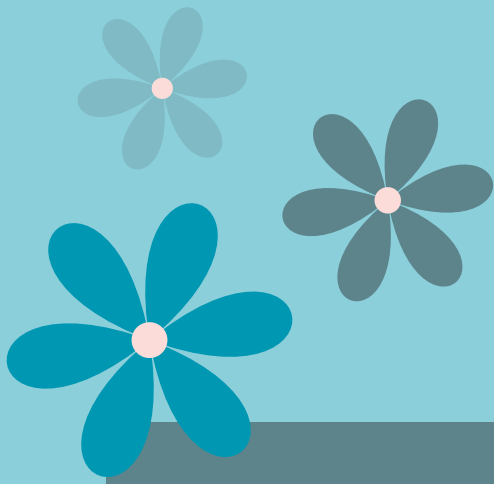
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Then you put the boundary in place with a neutral voice. For example: “we need to leave” . You can show empathy by telling them that you know they are upset.

Then you have to follow-through on the boundary you put in place. You can say: *“I know you are upset and we are going”*

Remember that your tone needs to be empathetic and soft while following through on the boundary you set in place.

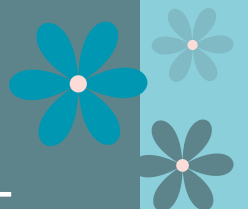


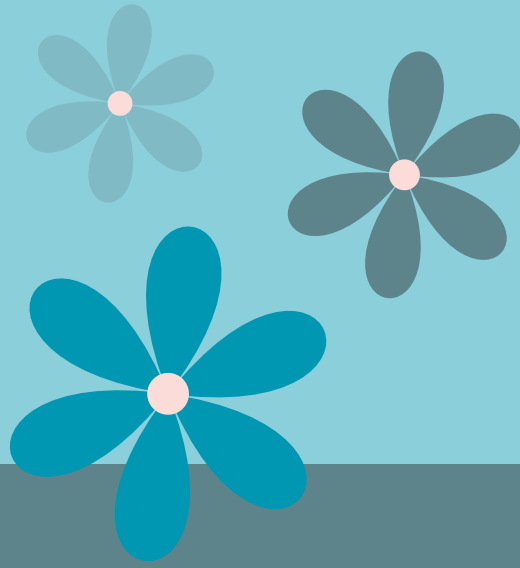
You can continue by saying: *"I know you are upset, you can hold my hand or I can carry out"*

And then you have to follow-through
no matter how difficult it is.

If you set the BOUNDARY without
HOLDING it, your child is not going to
trust that you mean what you say

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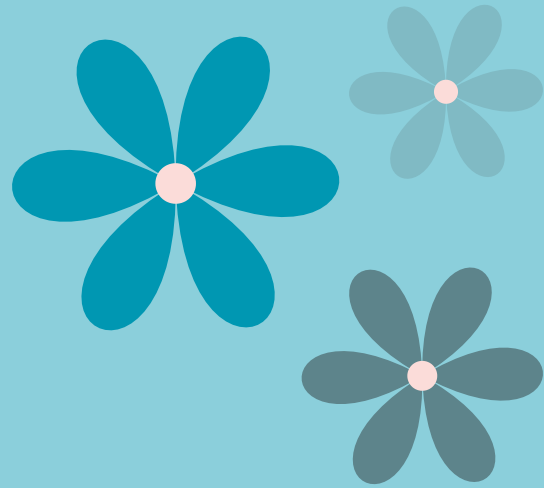




If you enforce the BOUNDARY with
SHAME, your child will learn to
sacrifice connection for obedience

We want to teach how to hold the
line and hold the feelings in
order to proactively teach the
missing skills.

BRYANA KAPPADAKUNNEL



Reach out to the KéKAY Method

TO HELP ANSWER YOUR QUESTIONS
AND TO LEARN ABOUT GUIDING
YOURSELF INTO REGULATION

