

5 EASY WAYS TO BE A PATIENT MOM CHECKLIST

- 1. Count to ten, start again.

Yep. Count to ten. Aloud. Then readdress the issue at hand—start again.

- 2. Connect, the redirect.

Make eye contact. Hug. Touch noses. Then redirect your child to a better activity or behavior.

- 3. Eat, don't speak.

Thirst and hunger have a huge impact on patience, yet I'm guilty totally ignoring these two basic necessities. Why am I not taking care of myself?

- 4. Review, know the child's point of view.

It's so easy to forget the child's point of view. But if I put myself in my son's shoes, it's easy for me to see knocking over the bag of rice was an accident.

- 5. One hour from now.

I often say to myself, "In an hour from now will this matter?" In the grand scheme of things, will a spilled bag of rice really mean anything? Probably not.