

STELLAR *Life*

Hosted by *Orion*

Raising Empowered Children

10 Point Checklist

Dr. Caroline Leaf

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Embrace the mistakes you make as a parent. It's perfectly normal to have moments of frustration and stress. Enjoy the messiness of parenting, and know that it's okay not to be perfect.
- Learn emotional regulation. Children pick up on their parents' stress and emotions. Model how to manage your own emotions in front of your child and explain when you're feeling stressed or frustrated.
- Use the NeuroCycle method to help you deal with your emotions. It's a powerful tool for both parents and children. Teach your child this method to help them navigate and regulate their emotions.
- Create visual aids like drawings or characters (such as Brain-ee) to make the NeuroCycle more engaging for your child. Visualizing emotions and experiences can help kids understand and manage their feelings.
- Foster resilience. Building resilience in your child is essential. Teach them that they can work through difficulties and challenges by using their mind to understand emotions and thoughts.
- Guide your child to make positive choices in order to move forward. Encourage them to take positive action to improve situations, whether through play, conversations, or another activity.
- Demonstrate emotional management processes to your kids. Show them that it's okay to experience emotions and that feelings can be managed.
- Use age-appropriate language. Tailor your communication to your child's age and developmental stage. Use simple language for younger children and more detailed vocabulary for older ones.
- Pay close attention to your child's behavior, emotions, and body language. Maintain a journal to track patterns and changes over time.
- Designate a safe space. Create a designated space where your child can express themselves without judgment. This helps open the door to conversations about difficult topics.
- Visit Dr. Caroline Leaf's [website](#) and utilize valuable resources and tools for parents and children to navigate through various challenges.