

The 3 C's of Parenting: Reminder Sheet



1. Calm – Respond, Don't React

- Take a deep breath
- Speak slowly and gently
- Remember: your calm teaches calm

2. Connection – Lead with Love

- Get to your child's eye level
- Use gentle touch or eye contact
- Validate their feelings: "It's okay to feel upset."

3. Consistency – Be Clear & Reliable

- Set routines and stick to them
- Follow through with rules and boundaries
- Use the same language and actions daily

Parenting is not about perfection—it's about presence.

From: MomsInMotion.in • Gentle parenting support made simple.

