What To Do When There Is Chaos In The House

- 1. Take care of yourself Self Care
- 2. Manage yourself Stimulus and Response
- 3. Use action, not words
- 4. Speak softly
- 5. Ask for what you want versus what you don't want
- 6. Get on their eye level
- 7. Be firm and kind
- 8. Detach with love- acknowledge and empathy

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