

# PRAY

## Before Responding to Misbehavior

When your child exhibits a behavior that makes you angry or frustrated. Follow these steps before addressing the behavior.



**P**

**Pray.** Ask God for strength to not just react but to respond in a way that will help your child.



**R**

**Remember** there is a reason for every behavior. Before you can get to the root cause you have to calm down and connect with your child.



**A**

**Allow** yourself a minute to calm down. Take a deep breath. Look out the window. Put a smile on your face.



**Y**

**Yield** to wisdom. Think about what you know about trauma. When your child is triggered they often go into fight or flight and misbehave. They are probably not being defiant.