

Take a breath before you step in

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=-R0BJAF1pBM](https://www.youtube.com/watch?v=-R0BJAF1pBM)
<https://www.youtube.com/watch?v=-robJAF1pBM>

SUMMARY

The speaker emphasizes the importance of maintaining boundaries in parenting while ensuring safety for both children and the home environment. They advocate for a balance between firmness and kindness when addressing boundary crossings, suggesting that parents should take a moment to center themselves before responding.

- *Establish a baseline of safety: no harm to people, property, or self.*
- *Recognize when to step back instead of intervening, especially if personal emotions are overwhelming.*
- *Use self-awareness to manage emotional responses before addressing a child's behavior.*
- *Balance firmness with kindness when enforcing boundaries.*
- *Taking a moment to breathe can help parents regain perspective and clarity.*
- *Maintaining boundaries helps create a stable environment for children.*

Most homes we're talking about we can't hurt people, we can't hurt our stuff and I won't let you hurt yourself as sort of like our baseline and then everything kind of flows from there. There are times even when a child is maybe crossing one of those boundaries where it would actually be appropriate for you as a parent to be like, "Nope, I'm not stepping in." And that would be if you stepping in carries with it a risk of

you like vomiting out your mouth all your own programs in myself. I always feel it come up from my belly and it's just like this sort of wave that starts to take me and I know before it gets to like the last cortical cell in my brain that I need to go to the bathroom, you know, like I just need to buy myself a minute to take a breath to come back to center to remember the truth of who I

am, who my child is, and then I step back into the moment and hold that boundary with firmness and kindness in equal measure. When we can do that, then all is right in the