



HOW DO I IMPROVE MY PATIENCE IN PARENTING?



DEEP PROFOUND

1. UNMET NEEDS



VISUALISATION

1. I AM ANGRY VS I AM FEELING ANGRY



2. WASHBASIN





SHORT TERM EXPERIMENTS

1. BUY TIME / DELAY



2. COUNT YOUR BLESSINGS.



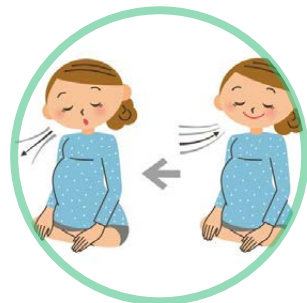
3. KEEP THE BIG PICTURE IN MIND





PHYSICAL ACTIONS

1. TAKE A DEEP BREATH



2. BLOW INTO YOUR HAND



3. MAKE A FIST AND OPEN IT



4. ASK FOR A HUG, HOLD HANDS,
RUB THEIR BACK





“

FINALLY, REMEMBER,
YOU *Love* THEM,
NO MATTER WHAT.
SO, YOU CANNOT
DO ANYTHING
THAT WILL **HURT** THEM.

”



Loved it.
Great.

Now Go Be the "HERO" Parent.

Share it to your Friends and Family on WhatsApp. 

For all your doubts or queries download our app and **#AskNaren**

Explore our app **WOW Parenting**



https://wowparenting.app.link/patienceinparenting_261218

- › Get Access to Awesome Parenting Content.
- › Funny Videos, Short 8 Mins Lessons.
- › Free Counselling, Free Giveaways, Live Events etc.

AVAILABLE ON



Follow us on:

   @TheWowParenting

www.wowparenting.com