

When You & Your Child Feel Overwhelmed...

How Does Your Body Feel?

Is your body feeling tense, sore, stiff...

These are cues that you are holding stress and children can experience the same thing.

As a family you can take time to recognize how your body is feeling. Is it feeling relaxed like a bowl of warm cooked pasta? Or, do you feel tense and stiff like hard pasta noodles before they are cooked?

These check-ins help to recognize you are stressed and then try and figure out what is stressing you and how you can problem solve for potential solutions.

