

Parenting Tips

YOUR
RESOURCE
PG 1

Quick Reference Guide

Presented by **Tanya Curtis**

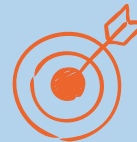
Senior Behaviour Specialist | Founder of FABIC

Remember Your Parenting Purpose

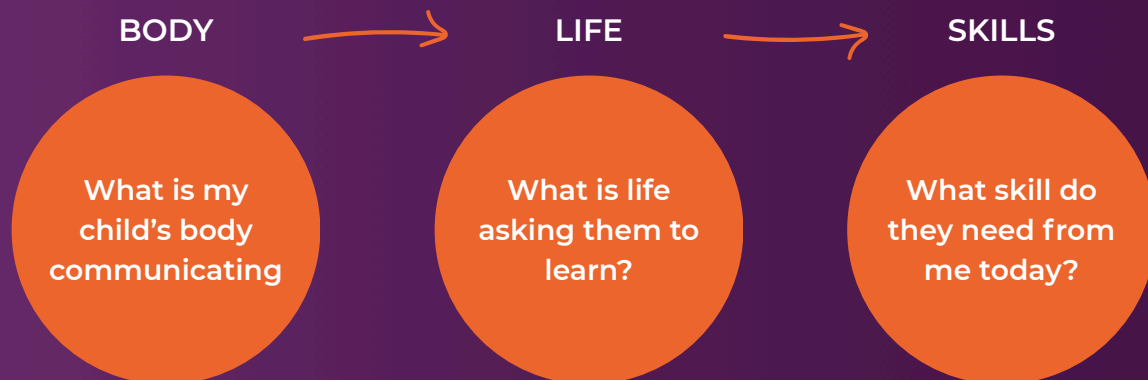
We are not simply raising children—we are raising future adults.

When challenges arise, ask yourself:

What quality or life skill am I helping my child develop right now?



The Classroom of Life



5 Parenting Reminders

- ✓ Behaviour is communication.
- ✓ Separate the person from the behaviour.
- ✓ Stay curious before becoming reactive.
- ✓ Teach skills instead of simply stopping behaviour.
- ✓ Connection creates the foundation for change.



Practical Behaviour Change Tips



Cause & Effect – Every behaviour creates an outcome.

Ask yourself:

"What outcome is this behaviour creating?"

Then ask:

"What behaviour would create a more supportive outcome?"

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Replace "NO" with...

YES WHEN

OR

YES HOW

"Yes, when..."

"Yes, here's how..."



Help children see a pathway rather than a dead end.

NOW • NEXT • EXPECT

Keep communication predictable.

NOW



NEXT



EXPECT

What's happening?

What comes next?

What is expected?

Offer choices whenever appropriate.

PAUSE PLAN

When emotions rise...

- ✓ Pause
- ✓ Breathe
- ✓ Reduce words
- ✓ Create space
- ✓ Return to the conversation later



Remember: Pause isn't avoidance. It's **preparation for a more supportive conversation.**

REPAIR & RECONNECT

After conflict ask:

What did I mean?

What did you hear?

Focus on understanding —
not winning.



One Simple Question

Before reacting ...

"What life lesson is being presented, and what skill can I teach?"

Watch more from Tanya

FABIC.TV

Watch practical parenting videos, behaviour support strategies and educational resources from Tanya Curtis.

Watch • Learn • Grow



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