



## PRACTICE THE PAUSE

- Slow Down
- Center Yourself
- Assess Circumstances
- Respond Thoughtfully

Practicing the Pause is an important first step towards connected communication. We do what we need to do to regulate and prepare ourselves for stressful or overwhelming interactions.

Practicing the Pause is taking an intentional moment to gather ourselves and our thoughts in order to **respond** rather than **react** to a child and/or stressful circumstance.

- When we Practice the Pause, the first step is to **slow down** our minds and bodies.
- Then we do what it takes to **center ourselves**. Sometimes, this could be taking a brief deep breath. Other times, we may get a drink of water, move our body for a moment, or take a second to relax tense muscles.
- Then, we can **assess the circumstances** around us. Paying attention to and accurately understanding what's going on around us, inside us, and inside of our children is key to co-regulation and connection.
- Finally, we can **respond thoughtfully**. We choose how to move forward towards connection and correction.