



### **A Love Song**

**Situation:** You and your child just got into a fight. There is deep emotions, lots of words said that didn't need to be said and tempers are flaring.

**Solution:**

**Choose love instead!**

*Set up this tool before there is an argument if you can.* Sit down with your child and set the guidelines. "You know when we start to get in an argument and I am busy and you are overdone and we say some things that might be mean to each other? Let's start choosing love instead."

When the tempers flare and screaming starts, say "Choose Love", breathe, hug and walk away from each other. Go to different sides of the room and take a minute to calm down. Have kids count with you to a set number, ten, twenty, whatever they can at the time. And then come back and both say "I love you." Talk about the issue at hand another time when everyone is calm.

We often treat those we love most in the world worse than we do people we hate! It's not because we don't love each other, it's simply because living together and dealing with the demands of the world is stressful! And we take it out on those closest in physical proximity to us. This tool helps to bring back the love to a stressful situation.

And while you are "choosing love", tell yourself how much you are loved as well! Taking care of kids is the most demanding job on this planet and often we are too hard on ourselves.

Lighten up and love yourself, after all, everyone deserves a little bit of love!