

THANK YOU!

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**RAISING CHILDREN WITH
LOVE, JOY AND RESPECT**

Essential Parenting Reminders for Everyday Moments
By Anna Mary Expert Parenting



To the families of the world...

This guide is for you for all of us who are raising the next generation with love, patience, and courage.

We come from different places, but we are building something extraordinary together: a global community of conscious, respectful, and joyful parenting.

What unites us is not perfection but a shared vision of raising kind, capable human beings who will make this world a better place.

Educating this new generation is in our hands. And what a beautiful responsibility that is. Together, we are doing it... and we are not alone.

Love, joy, and respect always,
Anna Mary Expert Parenting



Everyday Parenting Reminders

– Put on your fridge!



SCREEN TIME: KEEPING BALANCE

Screens are not the enemy, but they're not the solution either.

Say instead: 'Let's choose a time *with* screens and a time *without*.'

3 practical ideas:

- ✔ Create a tech-free zone (like during meals or in bedrooms).
- ✔ Use the "What else could we do?" question to inspire alternatives.
- ✔ Set a visible timer together.



CONNECTION THROUGH CONVERSATION

When your child closes up, try this:

- ✔ Sit beside, not in front.
- ✔ Ask open questions: 'How was your heart today?' instead of 'How was school?'
- ✔ Share something small about your own day.

Magic phrase: 'Tell me more...'





CAR RIDE PEACE (YES, IT'S POSSIBLE)

Try this rhythm:

- ✔ First 5 minutes: music together
- ✔ Next 5 minutes: a game ('I spy', 'Would you rather...?')
- ✔ Last stretch: quiet or storytelling

If tension rises:

- ✔ Say: 'We can pause and try again. Let's restart this ride.'
- ✔ Use silence as a calm reset.



EMOTION REGULATION: FOR KIDS & PARENTS

Emotions are teachers, not enemies.

Help your child recognize them with:

- ✔ 'Name it to tame it' > 'It sounds like you're feeling...'
- ✔ Create a calm corner with soft items, paper, breathing tools.
- ✔ Reflect after the storm: 'What do you think your feelings were trying to tell you?'

Important for YOU too:

- ✔ Pause. Breathe. Repair.

**Stick this guide on your fridge.
Read it once a day.
Use it whenever things feel messy.
You are not alone.**

Love, joy, and respect always.
Anna Mary Expert Parenting

