



Habits in Action

"Be curious, not judgemental."
—WALT WHITMAN

Get Curious

Build the habit of curiosity! Before you assume you know what is happening with your child, approach them with genuine curiosity to learn what's really going on inside their mind.

WHAT IT LOOKS LIKE

INSTEAD OF DOING THIS:

- Telling what happened
- Detailing what caused it to happen
- Explaining how to feel about it
- Directing what to do about it

GET CURIOUS:

- What were you trying to accomplish?
- What ideas do you have to solve it?
- What do you think he was thinking?
- How do you feel about that?
- Can you tell me a bit more?
- Do you wish you had done anything differently?

WHY IT WORKS

- 1 BUILDS CONNECTION AND TRUST**
Your child will feel seen and heard, valued, and validated.
- 2 PROMOTES HEALTHY BRAIN DEVELOPMENT**
You are supporting the ongoing development of connections from the emotional brain to the thinking brain.
- 3 MODELS LIFELONG SKILLS**
You are demonstrating a non-judgmental curious approach and encouraging self-awareness.
- 4 BUILDS (YOUR) SURVIVAL SKILLS**
You are practicing an important hack to surviving the teenage years: understanding your teenager, even when you don't understand. Start today!

Mary Smith is passionate about sharing the habits and best practices for parents to simply and quickly begin helping their kids navigate stress and anxiety. On top of her own experience with kids and anxiety and depression and using bite-sized practices, she has synthesized the most updated insights from authors, neuroscientists, and experts into bite-sized habits for parents to be present and create lasting connections with their children.

