



The word mantra - "man," which means mind, and "tra," which means transport or vehicle is a powerful instrument of the mind that takes you back and help you connect with your inner-self. It can be a great tool to support parents in their most challenging moments with their children.

"It's ok. We are ok."

"This is not an emergency."

"Breathe. I've got this."

"This is hard. I can still do this."

"I can stay calm... I can stay calm."

"I believe in myself and I know what to do."

"I am the lighthouse and my child is the storm... I am the lighthouse..."

"I am the adult... I am the adult."

"This too shall pass."

"I am my child's mentor."

"Slow down... slow down."

"I help my child best when I am calm."

"I choose calm."

"I have the power to calm down."