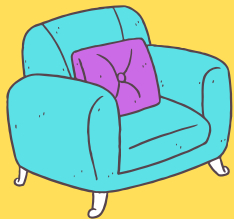




# Setting up Positive time-out area



Make a list with your child for the kind of things they would like to place in their calm corner, things that help them or remind them to relax. Don't forget to teach your children about "flip lid" and how our brain can go into "fight and flight" mode, to read about it check our [post](#) on Instagram. It is also important to let your child know that this time out area is to relax and manage emotions, it is not a punishment

Name of the Corner	
Place in your home	

**Make a list of things your child would like to have in their special corner:**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Ask your child to draw how he/she imagine their corner:**



To learn about emotional regulation and co-regulation join one of our parenting programs [here](#). Good luck! and remember purpose is to help child regulate their emotions effectively.

If you would like to know more about positive parenting tools and solutions, follow us on [Facebook](#) and [Instagram](#) or choose one of our parenting courses [here](#)

### **About Author:**

This workbook is designed by Saira Adeel, a Certified Parenting Coach, founder of HappyMoms, mother of two, and a recovering yeller.

Before understanding positive discipline, I was the traditional parent who would resort to punishment, praise, yelling, and rewards to get my kids to obey me and listen to me. I would yell, shout, and spank to get my kids to listen to me.

It was a never-ending cycle and I would promise myself, that I wouldn't be angry with my kids anymore, I would be a calmer parent, and I hoped that my children would listen to me, but it kept on repeating. I felt like a failure and disconnected from my kids.

Does it sound familiar?

Alhumdulillah, I recovered as I learned some magical tools that helped me transform as a parent and it can help you too. I offer one-on-one [consultation](#) for parents, a 6-week [tarbyat Program](#), and help parents through [an anger management](#) Challenge. If you would like to register for any click on the links above.

[copyright@happymoms.pk](mailto:copyright@happymoms.pk)