



# CHECKLIST

7 SOS Strategies for Stress with Children

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### Practical First Aid Tips for Stronger Nerves

*"When nerves are frayed, a clear mind is the best help."* Sometimes a quarrel, tiredness, or simply too much at once is enough to tip the mood. These seven SOS strategies help you stay in control during stressful moments and calm both your child and yourself.

- ★ **Take a deep breath:** Place one hand on your belly, inhale slowly and exhale consciously. Just three breaths can calm your nervous system.
- ★ **Short break:** Allow yourself to step out of the situation, even if it's only for 30 seconds. Getting a glass of water or opening the window creates distance.
- ★ **Switch on humor:** An unexpected smile, a funny remark, or a silly face contest can instantly ease the tension. Even a small pattern interruption – like sticking out your tongue and saying "Bäh" – often makes everyone laugh.
- ★ **Stop signal:** Agree on a shared signal (e.g., a hand gesture) that says: "We both need a short break now."
- ★ **Mini-distraction for your child:** Start singing a song, show a toy, or give a simple task to redirect the energy. Perfect at the supermarket checkout!
- ★ **Shift perspective:** Ask yourself: *"How important will this be in an hour, tomorrow, or next week?"* This instantly puts things into perspective.
- ★ **Relax your body:** Consciously drop your shoulders, loosen your jaw, and smile softly. Your body signals calm your child as well.

Stress is part of family life – what matters is how you handle it. With these small SOS tools, you can turn tense behavior into constructive moments. For more inspiration on calm and loving parenting ideas, visit [ChildHelp.info](https://ChildHelp.info) for plenty of helpful tips and suggestions.

Self-care is not a luxury – it's a gift to yourself and your family. Even short breaks, a friendly "no," or a moment of gratitude give you energy and inner peace.

By living this, your child learns how to care for their own needs. If you're looking for more inspiration and practical exercises for a calmer family life, you'll find them in the Self-Care E-Book and on [ChildHelp.info](https://ChildHelp.info).

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## Self-Care – The Key to greater Serenity

Self-care is a quiet, loving companion on the journey back to yourself. Because self-care is not a luxury and not selfishness. It's a necessity. Especially in everyday life with children, when everything happens at once: tantrums, exhaustion, guilt, perfectionism. All of it drains you – often silently and invisibly. This book is a gentle reminder that you are more than just a "functioning parent." That your needs matter. That taking care of yourself isn't selfish – it's brave. Strong. And healing.

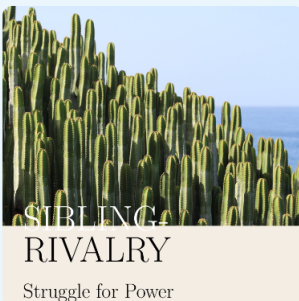
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## Token-System – Reward-System

A token system is a method of positive reinforcement designed to encourage desired behavior in children. The basic idea is simple: A child receives a \*symbolic reward\* – a token – for a specific behavior. This token can later be exchanged for an actual reward. The system has its roots in behavioral psychology and has been successfully used for decades in schools, therapy settings, and families.

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## Sibling-Rivalry

If you have more than one child, you know them all too well: the small and big conflicts of everyday life. Whether it's about the favorite toy, the bigger slice of cake, or simply about being "right" – sibling fights are exhausting, loud, and often nerve-racking. And yet, they're a natural part of family life. But you're not powerless. With a bit of background knowledge, a dose of empathy, and the right strategies, you can not only help defuse the tension – you can even turn it into an opportunity.

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