



Dealing with

TANTRUMS,

TEMPERS,

&

MELTDOWNS

Consciously.



WELCOME. I'M SO GLAD TO HAVE YOU JOIN ME...



**I'M CHRISTINA FLETCHER,
ENERGY HEALER, CONSCIOUS PARENT
COACH AND SPIRITUAL COACH OVER AT
SPIRITUALLYAWAREPARENTING.COM.
I HELP BUSY PARENTS FIND CENTRE AND
SHOW UP AS THE PEOPLE THEY WANT TO
BE.**

Conscious parenting recognizes that our children are people... and that we are people as well. It acknowledges that behaviour isn't simply something that needs to be managed or "fixed". There's not a good behaviour or bad behaviour....

Rather, as human beings we are all learning and growing and when our children behave a certain way there is ALWAYS deeper cause.

Yet, nothing can throw us more off balance than a full blown tantrum. So, in this short course I'm going to be giving you some practical tools to help you "Deal with them", redirect the energy and find balance again for you and your kids.

If you have any questions, please don't hesitate to reach out to me at christina@spirituallyawareparenting.com .

Love and light,
Christina

BEFORE WE DIVE IN...

**I WANT TO ENCOURAGE YOU TO
RANT A LITTLE ABOUT HOW
TEMPERS, TANTRUMS OR
MELTDOWNS ARE AFFECTING YOUR
DAY TO DAY LIFE....**

When do they normally happen?

How does it make you feel?

How do you normally react?

How would you like to react?

With a clear image of how things are... let's
jump into the course material, to get you
solutions to create how you want them to be.

