

Tip Sheet



Six Ideas For Harmony In The Home

Don't Help Unless Asked! Allow your children the dignity of learning a new skill. Ask if they would like your help –and if the answer is no, don't. Buy Velcro.

Be wrong! We are not all perfect so don't be afraid to admit when you are a little bit wrong. Try one of the following, say: 1) It wasn't my intention to '____', or 2). At that time I might have thought that way, and now I can clearly see it wasn't the case.

Draw, Color Or Paint it Out! When children are upset get them to do a little art. It is a great remover of emotions. Try it yourself –doodle in color.

Sleep Deeply Not More! Irritability is a sign of poor quality sleep. Remove the distracting elements in your life with Zleep E Z CD. (Pronounced sleep easy) www.zleepez.com.

Have An Unexpressed Reason! You don't have to tell your children the reasons behind a parental decision as long as you are willing to accept the hassles that go along with it. This way there are no facts to argue with and it prevents hassles that were once normal for you.

Think About What You Like In The People Around You. Then when you have to say something, first tell them what you admire (be honest). It helps them listen to and consider what is on your mind.

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**Donnalee Kelly**, CEO CI Corporate Instincts Inc. and co designer of 'Your Personal CI Edge On Life,' a great tool to prepare for and recover from a hectic season at home or work! For article or interview contact [www.zleepez.com](http://www.zleepez.com). Download free tip sheets. (Parent)

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