



WITH UNDERSTANDING  
COMES CALM, LLC

Compassionate guidance. Durable strategies. For the 2e Community.

### Meta Cognition Suggestions for Parents

*Sometimes we need help stepping “outside of ourselves,” to gain perspective and to shift from reacting to responding. These intentional thoughts and mantras are to help parents reach their goals with minimal regrets on how they got there.*

#### Thought:

“What is the goal and is what I’m about to say/do going to get me to that goal?”

“What else could be underlying this behavior?”

“Is the consequence I’m considering going to teach a lagging skill?” (This can be a great question to share with teachers, for example, removing recess does not cure a child’s need to move!)

#### Mantras:

- “When we’re tense, everyone is tense. When we’re **calm**, everyone is **calm**.”
- “Manage who you are so you can manage who he is.”
- “I think this is a good time for us to take a break.”
- “Let’s start over, this isn’t going very well.”
- “The most direct route is the indirect route”

*At With Understanding Comes Calm, LLC, we guide and support parents in bringing out the best and raising self-confidence in their twice exceptional children. We recognize that parents of twice exceptional children have strong desires to understand and address their children’s challenges in impactful ways, but often feel overwhelmed, alone and confused. We are here to help. Schedule your FREE 20 minute consultation at [JulieSkolnick.youcanbook.me](http://JulieSkolnick.youcanbook.me).*

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