

TEN MANTRAS *for* HAPPIER PARENTS



*When you're uncertain,
reaching for your next move, or
about to lose your mind over a
seeming "crisis," these are the
words to come back to.*

- 1 What you want now isn't always what you want later.** Short cuts get you to bedtime faster but they make the trip to children who are pleasant to live with longer.
- 2 There is nothing wrong.** Tantrums, job troubles, broken bones . . . fundamentally, nearly always, things are still okay. Zombies? Now you panic.
- 3 People, including children—especially children—change.**
- 4 You don't have to go in there.** It's a big drama! But it doesn't have to be—for you.
- 5 If you see something, don't always say something.**
- 6 You do you.** Some families cook together. Some sing or play sports. Some are traveling circus acrobats. Treasure what you do, and don't worry about what you don't.
- 7 You can be happy when your children aren't.** Growing up means learning there are other balloons, boyfriends and colleges. We can empathize with our kids' disappointments without making them our own.
- 8 Decide what to do, then do it.**
- 9 You don't have to get it right every time.** You'll get another chance tomorrow.
- 10 Soak up the good.** Strengthen your happiness muscles by savoring the moments when things are generally good. Not perfect, or even blissful. Just . . . good.

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