

# Embodying Motherhood with your Spicy Child

with Simplicity Parenting Counselor® and Co-Active Professional Coach **Mary Van Geffen**

**What is your Head Goal?** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Strategies for using your full Body to reach that heady goal:**

## 1. Presence in your Body

## 2. Posture of your Parenting

How Royals Move	What Royals Think	What Royals Say
		<i>You may go wash your hands.</i> <i>In this family, we ask for help with a kind voice.</i> <i>Oh no thank you. Touch cat gently.</i>

## 3. Phase of your Cycle\*

	Super Power
Winter	
Spring	
Summer	
Fall	

\*for a deep dive into synching your self-care and parenting strategies with your miraculous 28 day cycle, join the [7 week Cyclical Parenting Course](#).

## 4. Proximity in Limit Setting

Strong-willed children are capable of incredible focus on their self-directed goals. Directives require 2 \_\_\_\_\_ x 2 \_\_\_\_\_ x 2 \_\_\_\_\_.

It's time to build your parenting confidence and increase cooperation in your home.  
Text (213)703-7729 to schedule your free 30 minute phone coaching session.  
For more parenting inspiration and tools, follow me on Instagram @maryvangeffen.