

Mastering Effective Parenting Tools: Techniques to Calm Big Emotions & Improve Challenging Behavior

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Samantha Moe & Associates

SAMANTHA MOE
AND ASSOCIATES





8 PILLARS OF PARENTING
TO CREATE MORE
Peace at Home

More at
SamanthaMoe.com

Conflict Resolution

Positive Discipline

Daily Routines

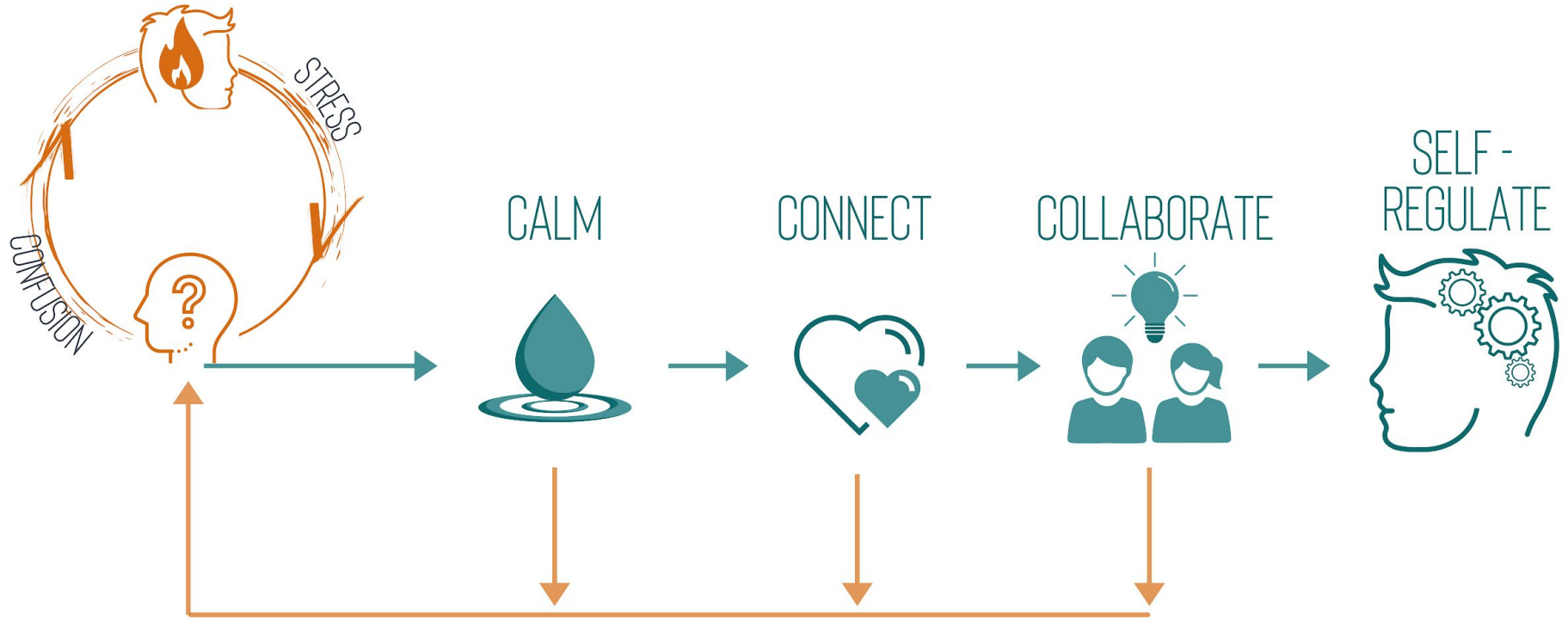
Red Light Parenting

Emotion Coaching

Happy Chemicals

Avoid Fire-Starters

Calm



Self-Regulation Flowchart



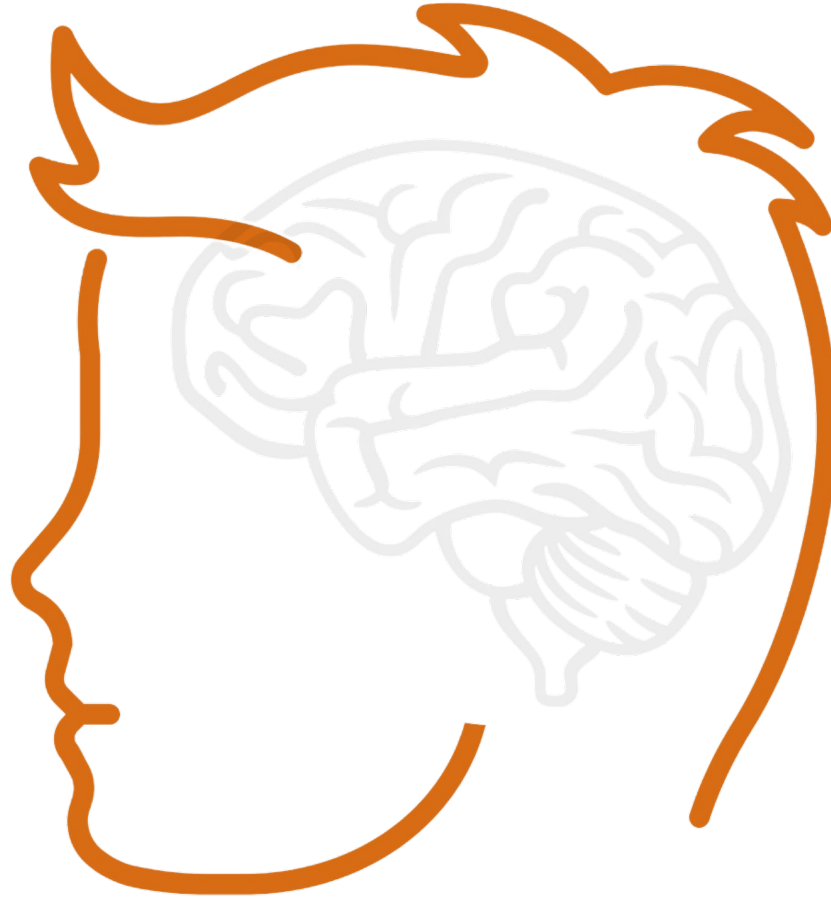
YouTube Credit: Dan T. Cathy

UPSTAIRS Brain

Problem Solving

Paying Attention

Manage Behavior



DOWNSTAIRS Brain

Fight – Flight - Freeze

UPSTAIRS Brain

Problem Solving

Paying Attention

Manage Behavior



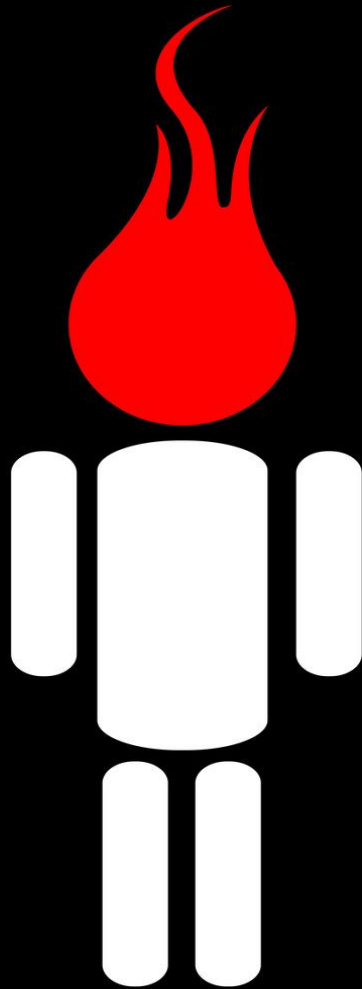
DOWNSTAIRS Brain

Fight – Flight - Freeze



**When There's Fire In The Brain,
Logic Goes Down The Drain!**

The INTENSE Brain



- Controlling/
Demanding
- Confusing triggers
- Intense emotional
responses or
behavior reactions
- Worsens with
intensity

Little Scientist

... Testing ...

"Will I win
this time?!"

"What happens
if I ____"





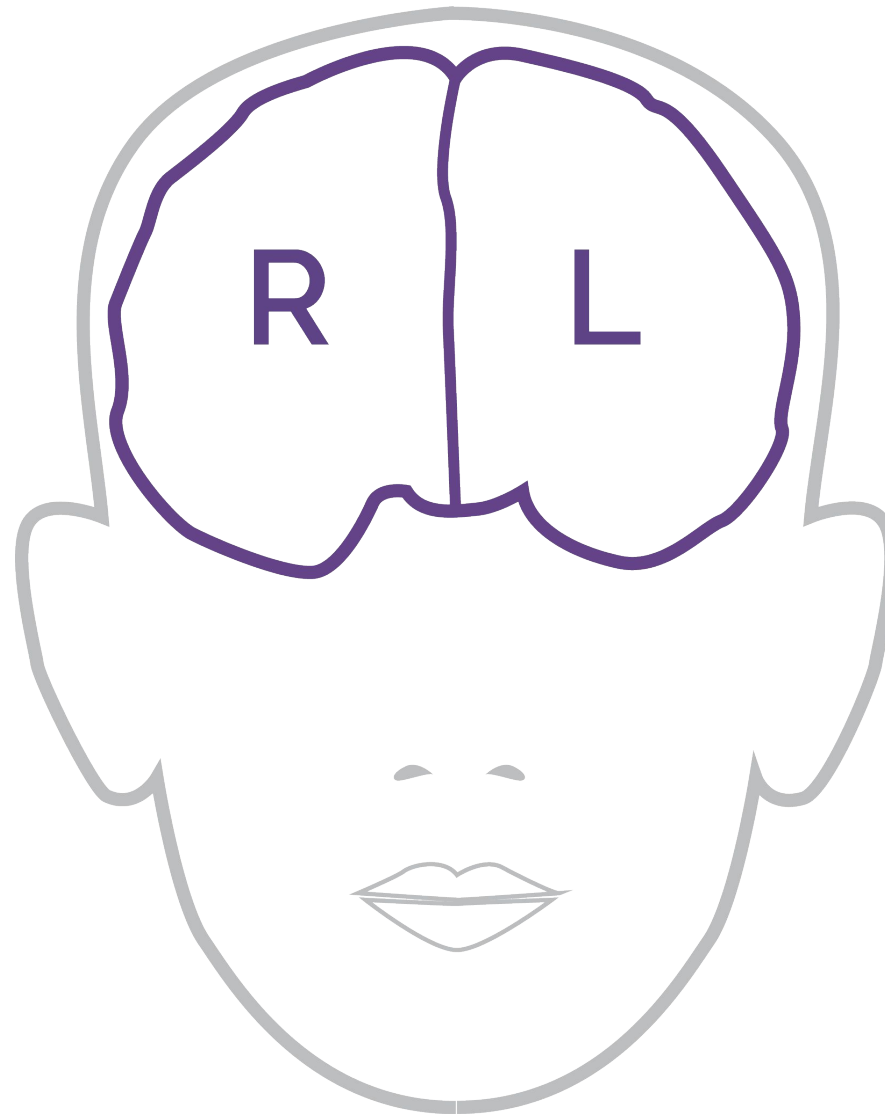
When We Bring Fire To The Fire,
Everybody Gets Burned

Fire-Starters





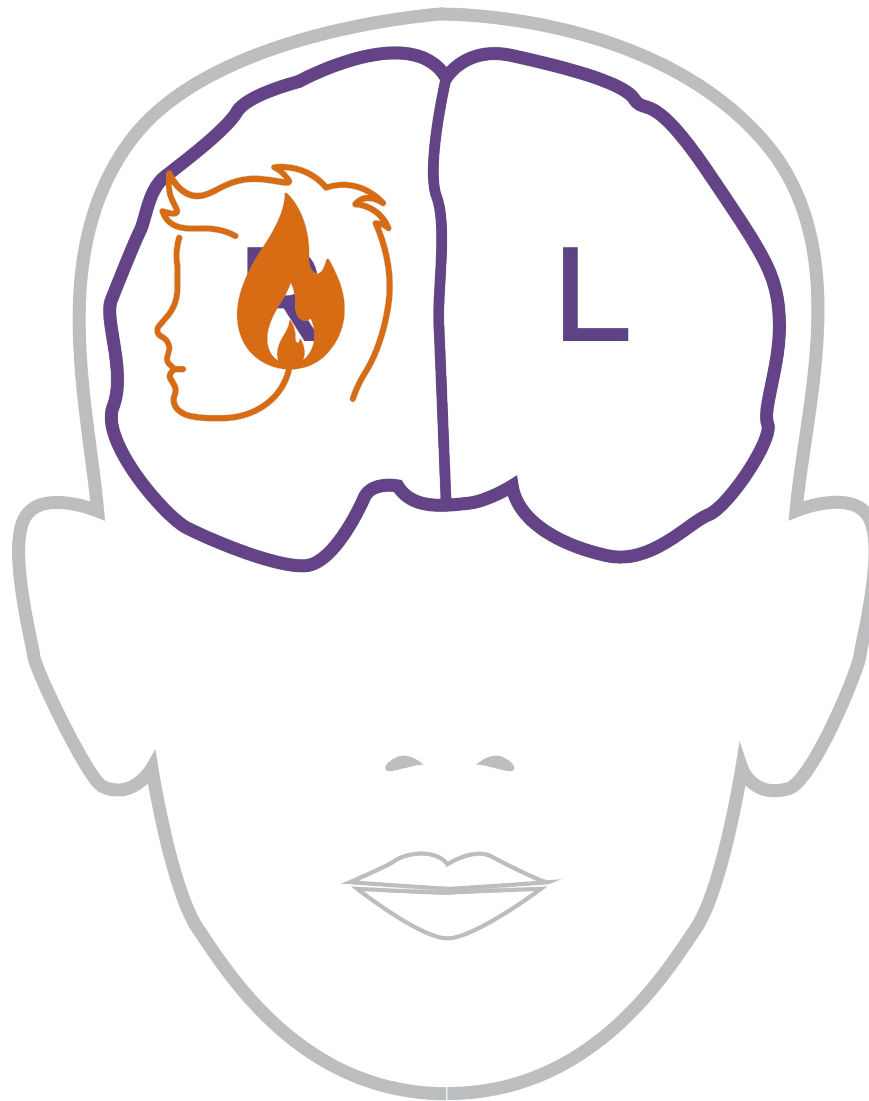
EMOTIONS



LOGIC &
LANGUAGE

Right Brain/Left Brain

EMOTIONS



LOGIC &
LANGUAGE

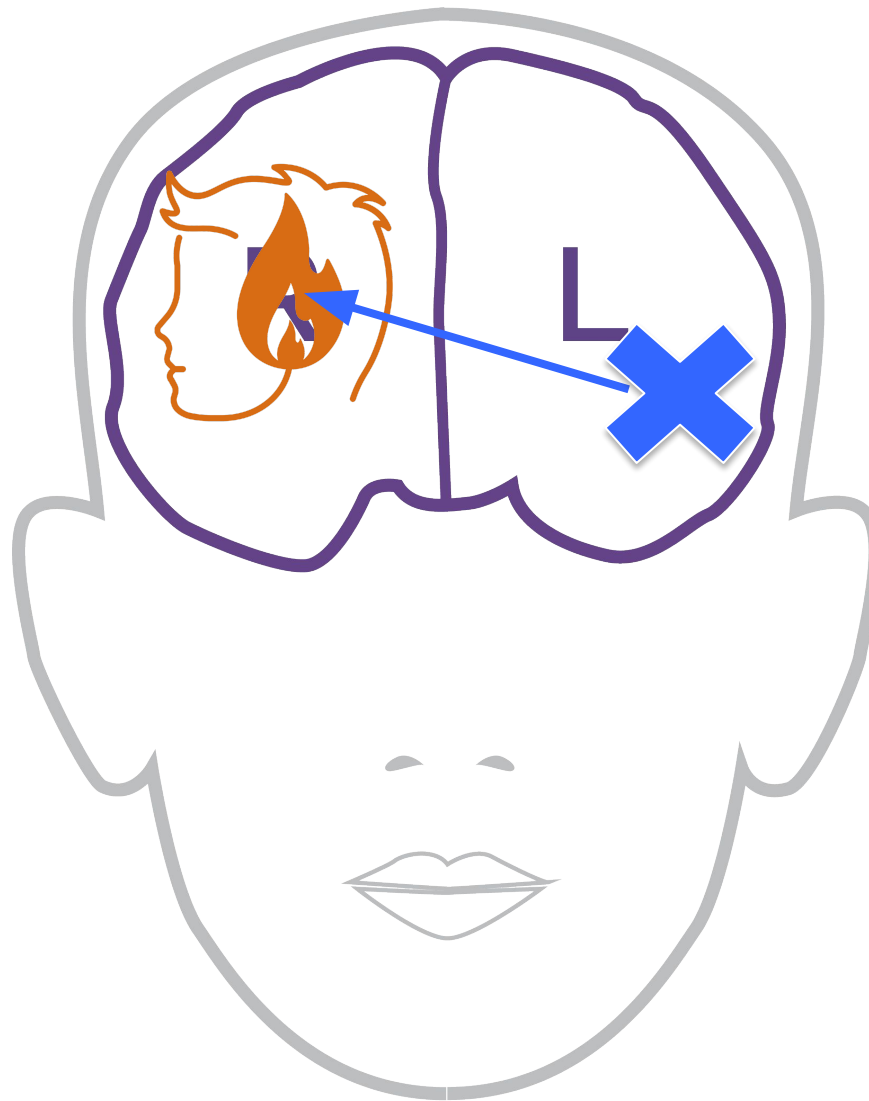
Right Brain/Left Brain

A close-up, profile shot of a woman with long, dark, wavy hair. She is looking slightly to the left with a concerned or intense expression. A single metal nail is driven into her forehead, just above her eyebrow. The background is blurred, showing what appears to be an indoor setting with a window or doorway.

IT'S **NOT**
ABOUT
THE
NAIL

Youtube Credit: Jason Headley

EMOTIONS



LOGIC &
LANGUAGE

Right Brain/Left Brain



A Connection to Emotions =
A Connection to You



A close-up photograph of a diverse family of four. On the left, a Black man with short dreadlocks and a goatee smiles, wearing a black shirt and a thin chain with a cross pendant. Next to him is a young girl with curly hair, wearing a bright red shawl. In the center is a white woman with blonde hair, smiling, wearing a white top. On the right is another young girl with curly hair in pigtails, wearing a blue and white striped shirt, with her hand near her mouth. The background is a blurred indoor setting, possibly a home with bookshelves.

SAMANTHA MOE
AND ASSOCIATES

Help Parents Better Help Their Kids

All Behavior is Communication









"Asking Powerful Questions"

Guiding parents to generate their own insight; comes from a place of curiosity.

Powerful Questions That Build Awareness:

Get Permission: *"May I ask about you?"*

Ask Powerful Questions:

- What did you do?
- Then what happened?
- How did that feel?
- How do you think your child felt?
- What would you want to be different?

Reflect with Permission: *"May I share what I'm hearing?"*

Partner Practice: Asking Powerful Qs

“Client” shares a real-life situation involving a challenge or frustration with a child.

“Coach”:

- Begin by asking for permission.
- Use the powerful questions as a guide.
- Stay curious — no advice, just gentle exploration.

"Articulate What's Going On"

Succinctly describe what is happening beneath children's behavior (and parents').



CALM BODY

CALM VOICE

CALM FACE

Brain-Based Parenting Tools to
Create Peace at Home
More at SamanthaMoe.com

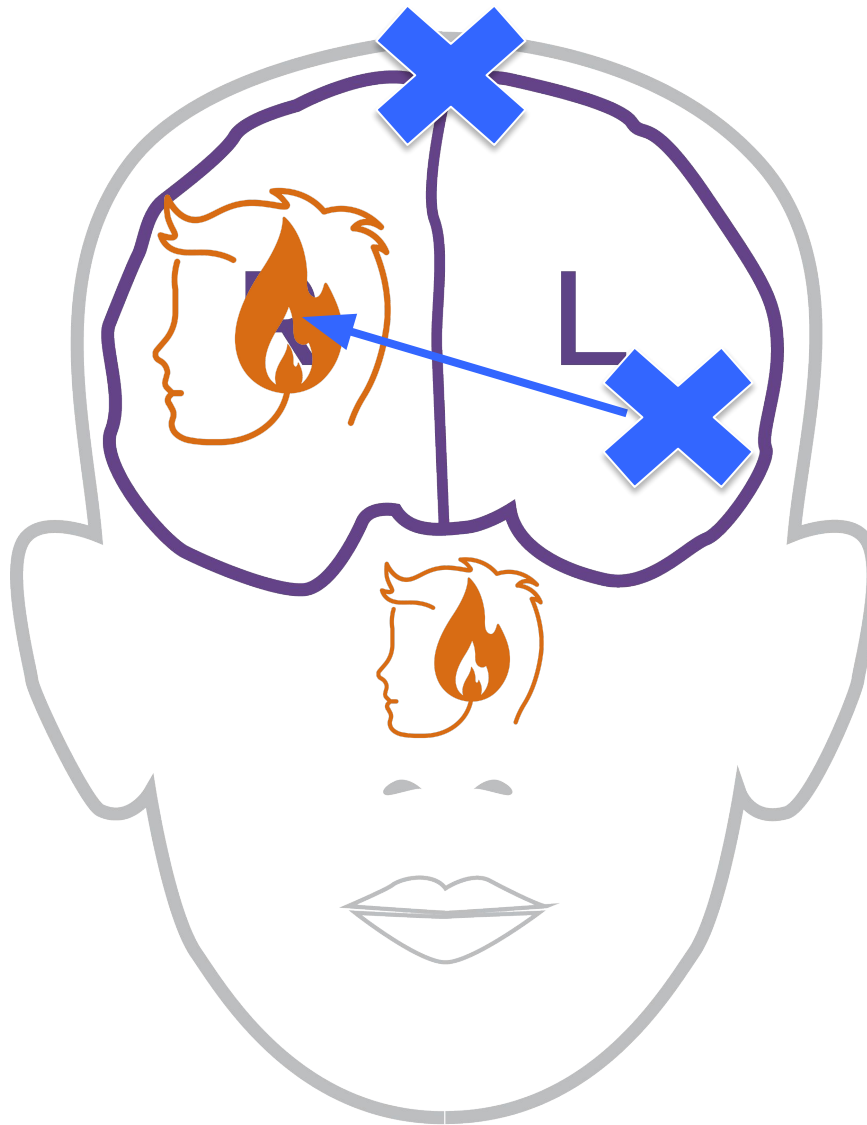


Identify & Avoid Fire-Starters



Connect Child to Emotions =
A Connection to you

EMOTIONS



LOGIC &
LANGUAGE

Right Brain/Left Brain

"Empower"

Offering tools, making a request for action when you have a sense of what direction they may take for maximum effectiveness, and holding them accountable.

Partner Practice: Empower!

“Client” shares a real-life frustration with a child (e.g., big feelings or challenging behavior).

“Coach” asks permission to explore.

- Help the Client choose 1 small action related to staying calm or labeling emotions.
- Invite the Parent to commit to trying it for a week — offer encouragement, not judgment.
- Tip: Stay curious. Empower them to choose. Check in next time — focus on progress, not perfection.

“I want to be the pebble in the pond
that creates the ripple for change.”

~ Tim Cook





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ENJOY



What You Do Matters!