Practicing the Pause is taking an intentional moment to gather ourself and our thoughts in order to respond rather than react to a child and/or stressful circumstance.

- When we Practice the Pause, the first step is to slow down our minds and bodies.
- Then we do what it takes to center ourselves. Sometimes, this could be taking a brief deep breath. Other times, we may get a drink of water, move our body for a moment, or take a second to relax tense muscles.
- Then, we can assess the circumstances around us. Paying attention to and accurately understanding what’s going on around us, inside us, and inside of our children is key to co-regulation and connection.
- Finally, we can respond thoughtfully. We choose how to move forward towards connection and correction.