

The Tiny Teacher Mindset

Jesus Christ taught us to become like a child. "To be like a child is not to be childish. It is to be like the Savior ... Our natures must be changed to become as a child."
-Henry B. Eyring

Q U E S T I O N S

IF I KEPT A TINY TEACHER MINDSET THROUGHOUT THE DAY:

- What would change?
- How would I feel about my child?
- How would my child feel about me?
- Would I act differently? In what particular situations?
- What interactions would have a different outcome?
- How would our relationship improve?

What was the experience with my child?

What did I learn from my TINY TEACHER?

PRAYERS I CAN START TODAY:

- Please open my eyes, ears, heart, and mind to the lessons from my children.
- Help me recognize and learn what my children are teaching me right now to guide me to make the changes I need to become more like Jesus Christ.

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TINY moment = Those reoccurring difficult moments in motherhood. Whether it be sibling rivalry, disobedience, or back-talking - it is any time you feel that surge of anger, stress, anxiety, and frustration. This is a **TINY moment**, because although it feels far from TINY - we have such a TINY timeframe to respond.

3 P ' S T O P R A C T I C E

1. PAUSE

- Any TINY MOMENT is your cue to PAUSE and add an action to create space for your response.
 - EXAMPLES: hand on heart, take a deep breath, close your eyes

2. PRAY

- Ask God a quick question to help you find your TINY TEACHER MINDSET.
 - EXAMPLES: If I were my child, what would I want my parents to do? If Heavenly Father were here, what would He do?

3. PROCEED

- Move forward with your TINY TEACHER MINDSET present.

MY TINY MOMENTS PLAN

What is/was your **TINY** Moment?

How will you **PAUSE**?

What will you **PRAY** for?

How will you **PROCEED**?
