

the NO YELL Summer Workbook

Hey there, amazing parent! 🌟

Okay, real talk. Remember that time you stood in the kitchen at 2am googling "why is my kid doing THAT?" (We've all been there. I once googled "is it normal for toddlers to lick walls?" Spoiler: apparently yes.)

I'm Andee, and welcome to Connect Method Parenting – aka your new favorite parenting plot twist.

Here's the thing: Most parenting advice? It's like trying to build IKEA furniture with instructions written in ancient Greek. Confusing. Frustrating. And you're pretty sure you're doing it wrong.

But what if I told you there's a totally different way?

Picture this: You. Me. Virtual coffee. (Mine's cold. Again.) And I'm spilling ALL the secrets about these five game-changers that literally flipped my parenting world upside down:

First: We're chucking that dusty old parenting manual out the window and discovering what kids ACTUALLY need (hint: it's not another organic snack)

Then: How attachment works – like, for real – in beautiful, messy, perfectly imperfect stages

Next: The emotional development stuff that'll make you go "OHHHHH, THAT'S why they do that!"

After that: Three ridiculously simple strategies that work. Like, actually work. Starting TODAY.

Finally: The secret sauce – why knowing the "why" changes literally everything

Each piece clicks into the next like your favorite Netflix series. Can't. Stop. Watching.

Ready to become the parent you always knew you could be? (You know, the one hiding under all that exhaustion and dry shampoo?)

Let's do this thing! 🚀

xo, Andee

PS - You showing up here? That already makes you an incredible parent. Just saying.

PPS - Grab something to eat and drink because we're about to get REAL.

PART ONE:

A Developmental
Approach to Raising
Emotionally Mature
Children

Section 1: The Attachment-Informed Hierarchy of Needs

Core Principle: Connection is not secondary—it's a basic need. Modern neuroscience shows us that attachment comes first, not after physical needs are met.

The NEW Hierarchy (from bottom to top):

▼ Level 1 - FOUNDATION: Emotional Safety & Attachment

- "I belong. I matter. I am safe with you."
- This is the non-negotiable base

▼ Level 2: Physical Safety & Care

- "My body is safe and cared for."
- Food, water, shelter matter—but only in context of connection

▼ Level 3: Co-Regulation & Emotional Support

- "My feelings are safe to feel here."
- We become their emotional anchor

▼ Level 4: Identity & Self-Worth

- "I know who I am and feel valued."
- Built through being known and loved in relationship

▲ Level 5 - PEAK: Independence Through Connection

- "I can be my full self, because I'm rooted in relationship."
- True independence comes from secure attachment

Key Quote: "The need for attachment is more powerful than the need for safety, and even more powerful than the need for food." — Dr. Gabor Maté

 **Your Notes:** *How does this hierarchy differ from what you previously believed about children's needs?*

Section 2: The 6 Roots of Attachment

Core Principle: Attachment deepens through six developmental stages, like roots growing deeper into soil. Each stage builds on the last.

Root 1: PROXIMITY (Birth to 1 year)

- **Need:** Physical closeness
- **Child's message:** "If I can't be close to you, I feel lost"
- **What it looks like:** Wanting to be held, following you, crying when you leave

Root 2: SAMENESS (Around age 2)

- **Need:** To be like you
- **Child's message:** "If I can be like you, I feel closer"
- **What it looks like:** Copying words, wearing your shoes, mimicking expressions

Root 3: BELONGING & LOYALTY (Around age 3)

- **Need:** To possess and be possessed
- **Child's message:** "If I belong to you, I feel secure"
- **What it looks like:** "MY mommy," possessiveness, taking sides

Root 4: SIGNIFICANCE (Around age 4)

- **Need:** To matter to you
- **Child's message:** "If I'm special to you, I feel safe"
- **What it looks like:** "Watch me!" "Look what I made!" seeking approval

Root 5: LOVE (Around age 5)

- **Need:** Emotional intimacy
- **Child's message:** "If we love each other, our connection is real"
- **What it looks like:** "I love you," hearts on drawings, emotional vulnerability

Root 6: BEING KNOWN (Age 6 and beyond)

- **Need:** To be fully seen and accepted
- **Child's message:** "If you know all of me and still love me, I can rest"
- **What it looks like:** Sharing secrets, revealing fears, authentic expression

Key Quote: "We must collect our children daily, if not hourly." — Dr. Gordon Neufeld

Reflection Questions:

Which root might need more attention with your child?

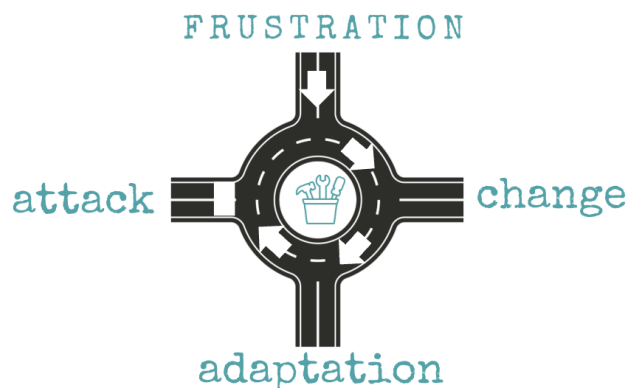
How can you water each root today?

What behaviors might indicate a root needs strengthening?

Section 3: How Emotional Maturity Grows

Core Principle: Emotional maturity isn't taught—it unfolds when conditions are right. The limbic system (emotional brain) develops through experience, not logic.

The Traffic Circle of Frustration



Understanding Each Exit:

Exit 1 - CHANGE

- Child tries harder, negotiates, demands
- "Maybe if I ask louder..."
- Persistence without acceptance

Exit 2 - ADAPTATION (The growth exit)

- Tears of futility
- Letting go
- Moving from MAD to SAD
- True emotional growth happens here

Exit 3 - DISCHARGE

- Tantrums, aggression
- Shutting down
- Emotional constipation
- Energy with nowhere to go

Key Quote: "We have more emotion in children today, but less feeling. The problem isn't intensity—it's the inability to process it." — Dr. Deborah MacNamara

Your Notes: *Which exit does your child typically take? What helps them reach adaptation?*

Section 4: The 3 CMP Strategies

Core Principle: These strategies must be done in order. Each builds the foundation for the next.

Strategy Flow:

🌱 STRATEGY 1 → 🐼 STRATEGY 2 → ❤️ STRATEGY 3

Strategy 1: UNDERSTAND YOUR OWN BEHAVIOR

"So you can leave room for theirs"

- Start with YOUR nervous system
- Use the PEACE Process
- Self-regulation comes first
- You can't pour from an empty cup

Why it's first: You must lead yourself before you can lead them

Strategy 2: CONSISTENTLY CONNECT

"Influence is earned, not automatic"

- Daily connection plans
- No-strings-attached relationship
- Investment outside of problems
- Building trust and influence

Why it's second: Trust must exist before limits can be received

Strategy 3: CHOOSE CLOSENESS

"Stay on track when behavior goes off-track"

- Hold boundaries WITH connection
- Stay emotionally available
- Firm AND kind
- Off-track behavior is communication

Why it's third: You need the first two to make this possible

Key Quote: Connection is not the reward for good behavior. It's the foundation for all behavior.

 **Implementation Plan:**

One way I can understand my own behavior this week:

How can I connect more with my children this week:

How I'll practice responding with connection vs correction this week:

Section 5: Developmental vs. Learning Theory

Core Principle: Most parenting tools are based on Learning Theory (rewards/punishments). Developmental Theory focuses on creating conditions for natural growth.

COMPARISON TABLE

LEARNING THEORY

- Behavior is a problem to manage
- Focus on outcomes & compliance
- Uses rewards & punishments
- Asks: "How do I get them to behave?"
- Quick results, long-term costs
- External motivation
- Based on control

DEVELOPMENTAL THEORY

- Behavior is a symptom of needs
- Focus on conditions for growth
- Uses connection & safety
- Asks: "What do they need to mature?"
- Patient process, lasting growth
- Internal development
- Based on relationship

The Marker Study Example:

- Kids naturally loved drawing with markers
- One group was rewarded for drawing
- Result: Rewarded kids LOST interest when rewards stopped
- Lesson: External motivation kills internal drive

Key Quote: "Children do well when they can. And if they can't, it's not because they don't want to. It's because they're not ready yet." — Dr. Gordon Neufeld

Personal Reflection: *Where in my parenting am I using Learning Theory? How might I shift to a Developmental approach?*

Key Takeaways & Action Steps

✓ Remember These Core Principles:

- ☐ Connection is a basic need, not a reward
- ☐ Attachment deepens through six developmental roots
- ☐ Emotional maturity unfolds—it can't be forced
- ☐ Start with self-regulation, then connection, then boundaries
- ☐ Choose developmental growth over behavioral compliance

My Commitment:

One thing I'll STOP doing:

One thing I'll START doing:

One relationship I want to build:

Additional Notes & Insights:

What resonated most?

What questions do I still have?

My biggest "aha" moment:

Quick Reference Guide

When behavior goes off-track, remember:

- Breathe and understand yourself first
- See the need beneath the behavior
- Connect before you correct
- Hold boundaries with warmth
- Trust the developmental process

Daily Practice Checklist:

- ☐ Morning connection moment
- ☐ One act of "SEEing" your child
- ☐ Notice which attachment root needs watering
- ☐ Practice co-regulation during frustration
- ☐ End day with connection (not correction)

"Let's raise humans. Not just manage behavior."

PART TWO:

Creating a Plan
That Works

SUMMER FORECASTING

If I only accomplished ONE thing this summer it would be? (behavior, interaction, relationship, routine, thought, response)

When I look back on the summer of 2025 I want to think of:

I want the summer of 2025 to be known as the summer...

PART 1: BECOMING THE ONE WHO...

"Stop asking 'What should I do?' and start asking: 'Who do I need to become?'"

This is about becoming the ONE who: • Stays connected when things get loud • Speaks calmly when their child screams • Feels proud — not just relieved — at the end of each day

Who Am I Becoming?

Take a few minutes to reflect on these questions:

What is this summer calling me to become?

If this summer was a curriculum or class what would I call it? What would I learn? And why would I be SO GRATEFUL I took the class?

Where in my life am I being dragged instead of choosing?

What fear or story have I been letting stop me from creating what I want as a parent?

What's the cost of staying stuck?

What would it mean to stop resisting and engage?

PART 2: YOUR TRIUMPH STORY

Writing Tomorrow's Triumph Story Today

Without intervention, your tomorrow will likely be created from your familiar past. But what if you could break that cycle?

Key insight: Your brain latches onto what it believes has already happened. When you write "I was the parent who stayed calm," your brain starts looking for evidence that this is true! Focus on what you DO have control over (*your behavior NOT the kids for now*)

Your Triumph Story Questions

Answer these questions to craft your Future Memory:

1. The Challenge You Conquered *Instead of staying stuck in your familiar pattern, what challenge did you overcome?*

"The old me would have kept _____, but in the summer of 2025 I finally..."

2. Your Deeper Purpose *What made you willing to break the pattern?*

"I refused to let my familiar past become my kids' childhood memories, so I..."

3. The Specific Victory Moments *Get detailed about how you chose differently.*

"Instead of my predictable reaction of _____, I surprised everyone when I..."

4. Breaking the Generational Pattern *How did you stop passing down the familiar past?*

"I realized I was just repeating what I knew from my own childhood, but that summer I..."

5. The New Strengths You Claimed *What qualities emerged when you stopped living from your history?*

"My familiar past said I was _____, but I discovered I was actually..."

6. Your Pattern-Breaking Moments *When did you first choose your Future Memory over your familiar past?*

"The first time I responded differently..."

7. How You Handled the Pull of the Past *Because they WILL try to pull you back. How did you choose your Future Memory instead?*

"When my familiar patterns tried to take over..."

8. Who You Became When You Let Go of Who You Were *This is the transformation.*

"Once I stopped creating from my familiar past, I became..."

9. Wisdom for Your Past Self *What would you tell someone afraid to break their patterns?*

"To anyone stuck in their familiar past, I want you to know..."

10. Your New Legacy *How does breaking your pattern change your family's future?*

"Now my kids will remember..."

Write A Rough Draft of Your Triumph Story

Now, weave these elements into YOUR Triumph Story. Remember: you're writing what DID happen, from the future looking back:

"That summer changed everything. For years, I'd been stuck in my familiar past..."

Make It Real:

- ## PART 3: SET YOUR 3 SUMMER GOALS

 **EMOTIONAL GOAL: What YOU Want to Feel**

- ☐ "I want to respond instead of react."
- ☐ "I want to stay calm, even when things get chaotic."
- ☐ "I want to stop spiraling after I get triggered."
- ☐ "I want to feel resourceful when plans change."
- ☐ "I want to feel confident in setting and holding limits."
- ☐ "I want to trust myself to handle whatever comes up."
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

MY EMOTIONAL GOAL:

RELATIONSHIP GOAL: How You Want Your KIDS to Feel

This is the heart of summer—what do you want your kids to experience in their relationship with you?

- ☐ "I want my kids to feel safe and liked by me."
- ☐ "I want to enjoy my kids again."
- ☐ "I want more connection and less correction."
- ☐ "I want my kids to feel understood, even when I disagree."
- ☐ "I want to be approachable when things go wrong."
- ☐ "I want my kids to feel my delight in them."
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

MY RELATIONSHIP GOAL:

RECOVERY GOAL: How You Want to Handle the Inevitable Oops

Let's get REAL. You're going to lose it sometimes. This goal is about what happens AFTER.

- ☐ "I want to bounce back faster after I yell."
- ☐ "I want to repair quickly and effectively."
- ☐ "I want to model healthy emotional recovery for my kids."
- ☐ "I want to learn from trigger moments without shame."
- ☐ "I want to normalize imperfection in our family."
- ☐ "I want to separate one hard moment from our whole relationship."
- ☐ Other: _____

- ☐ Other: _____
- ☐ Other: _____

MY RECOVERY GOAL:

PART 4: CHOOSE YOUR SUMMER PARENT SUPERHERO IDENTITY – JUST ONE

Goals without an identity to back them up are like putting sunscreen on AFTER you're already sunburned. Too little, too late.

It's time to pick your parenting alter-ego – your Summer Parent Superhero Identity!

If Your EMOTIONAL Goal is About Staying Regulated:

- ☐ 🦁 **The Zen Zookeeper** *"I can handle a wild kingdom with a calm heart."* You can face down hungry lions (your kids at 5pm) with nothing but a steady gaze and a snack bag.
- ☐ 🌱 **The Calm Cultivator** *"I'm growing patience alongside my children."* Like a master gardener tending different plants with different needs, you understand growth takes time.
- ☐ 🧠 **The Brain Whisperer** *"I speak fluent child nervous system."* You understand that sometimes kids' brains go offline faster than your WiFi during a Zoom meeting.
- ☐ 🕵️ **The Emotion Detective** *"I see the feelings behind the chaos."* When your kid is screaming about the wrong cup color, you see a tiny human with big feelings who needs connection.

If Your RELATIONSHIP Goal is About Connection:

- ☐ 🎪 **The Joy Ringmaster** *"I can pull fun out of thin air!"* You're the master of transforming mundane moments into memory-makers.

- ☐ 🧑‍🚒 **The Emotional Lifeguard** *"I'm on duty, watching over the emotional deep end."* You calmly scan the emotional waters, ready to dive in when needed.
- ☐ 🧑‍🎤 **The Improv Master** *"Yes, and... we can solve this without anyone crying!"* When plans derail, you pivot like a Broadway dancer and keep the show running.
- ☐ 🎵 **The Rhythm Keeper** *"Our family flows to a beat that works for everyone."* You create daily rhythms that keep everyone moving smoothly.

If Your RECOVERY Goal is About Bouncing Back:

- ☐ 🧑‍🔧 **The Repair Hero** *"I can turn any mess into a connection victory!"* You swoop in with superhuman repair powers after losing your cool.
- ☐ 🧩 **The Solution Scientist** *"There's always another way to solve this puzzle."* You experiment, iterate, and refuse to get stuck in power struggles.
- ☐ 🛡️ **The Boundary Guardian** *"My 'no' is as loving as my 'yes.'"* You set limits with love instead of lectures.
- ☐ 🧑‍🌾 **The Adventure Guide** *"I lead with curiosity, not control."* You approach each challenge with discovery, modeling flexibility and resilience.

MY CHOSEN IDENTITY: _____

How would this identity move through my home?

What would they say in tough moments?

What boundaries would they hold without apology?

PART 5: MATCH YOUR IDENTITY TO AN EMOTIONAL CAPACITY

"The difference between the mom I want to be and the mom I actually am isn't about KNOWLEDGE. It's about CAPACITY."

1. ATTUNEMENT: Hold Space for Big Emotions

Best paired with: Emotion Detective, Emotional Lifeguard

Your ability to tune into your child's emotional wavelength without getting swept away.

Daily practice: When your child has big feelings, take 3 deep breaths and say: "These are their feelings. I can be with them without taking them on."

2. COURAGE: Accept What Is

Best paired with: Adventure Guide, Solution Scientist

Your ability to face reality exactly as it is—not as you wish it was.

Daily practice: When something goes sideways, place your hand on your heart and say: "This is part of it. All of it belongs."

3. TOLERANCE: Feel Without Reacting

Best paired with: Zen Zookeeper, Brain Whisperer

Your ability to feel uncomfortable emotions without immediately needing to DO something about them.

Daily practice: When triggered, name the emotion: "This is frustration moving through me." Then count to 10 before responding.

4. COMMITMENT: Recover + Repair

Best paired with: Repair Hero, Boundary Guardian

Your ability to keep showing up, especially after things go sideways.

Daily practice: After a hard moment, place both hands on your heart: "I'm human. I'm learning. I'm committed to this relationship."

5. COMPASSIONATE FIRMNESS: Set Limits with Connection

Best paired with: Boundary Guardian, Calm Cultivator

Your ability to hold boundaries without harshness.

Daily practice: Before setting a limit, breathe and think: "My boundary is an act of love."

6. PATIENCE: Trust the Process

Best paired with: Calm Cultivator, Rhythm Keeper

Your ability to accept that growth takes time.

Daily practice: When feeling impatient, hand on heart: "There is time for this learning."

7. WONDER: Stay Curious, Not Judgmental

Best paired with: Improv Master, Adventure Guide

Your ability to approach your child's behavior with curiosity instead of judgment.

Daily practice: When confused by behavior, ask: "What would make this make sense?"

8. SAFETY: Choose Connection Over Correction

Best paired with: Joy Ringmaster, Emotion Detective

Your ability to prioritize your relationship even when behavior needs addressing.

Daily practice: When your child is off-track, breathe and remind yourself: "Connection first, then direction."

MY CHOSEN IDENTITY + CAPACITY PARING: _____

If I increased my emotional capacity how would I move through my home?

What would I say in tough moments?

What boundaries would I hold without apology?

PART 6: ANCHOR YOUR IDENTITY WITH A NO-YELL BELIEF

Beliefs are just thoughts we keep thinking until they feel like THE TRUTH. Time to choose beliefs that will fuel your new identity!

If Your EMOTIONAL Goal Was About Staying Regulated:

For The Zen Zookeeper or Brain Whisperer: "Their storm is not my storm."

For The Emotion Detective: "All behavior is communication."

For The Calm Cultivator: "Growth takes time; I can wait."

If Your RELATIONSHIP Goal Was About Connection:

For The Joy Ringmaster: "Connection is more important than perfection."

For The Emotional Lifeguard: "All feelings are welcome here."

For The Improv Master: "There's always another way through."

For The Rhythm Keeper: "Consistency creates safety."

If Your RECOVERY Goal Was About Bouncing Back:

For The Repair Hero: "Repair is more important than perfection."

For The Solution Scientist: "Every problem is solvable if we work together."

For The Boundary Guardian: "Boundaries are an act of love."

For The Adventure Guide: "The mess is part of the adventure."

MY CHOSEN NO-YELL BELIEF:

MY CHOSEN IDENTITY:

MY CHOSEN EMOTIONAL CAPACITY:

Installing Your New Belief:

- ☐ Write it on my bathroom mirror
- ☐ Say it out loud before trigger moments
- ☐ Create a physical anchor (touch wrist + breathe + repeat)
- ☐ Start collecting evidence this belief is true
- ☐ Share with a belief buddy for accountability

PART 7: BUILD YOUR 3-PRONG CMP SUMMER PLAN

"It's not about having the perfect PLAN. It's about having the right APPROACH."

 PRONG 1: UNDERSTAND YOUR BEHAVIOR

TAKEOVER AWARENESS

Identify your top 3 summer flashpoints - the specific scenarios that reliably push your buttons:

Takeover #1: _____

- Trigger Point (what happens before you lose it?):

- Feeling (what emotion surges?):

- How I typically react when I get triggered?:

Takeover #2: _____

- Trigger Point (what happens before you lose it?):

- Feeling (what emotion surges?):

- How I typically react when I get triggered?:

Takeover #3: _____

- Trigger Point (what happens before you lose it?):

- Feeling (what emotion surges?):

- How I typically react when I get triggered?:

EMOTIONAL REGULATION TOOLKIT FOR YOU

Quick-Reset Tools (30 seconds or less):

- ☐ Tactical breathing: 4 counts in, out 8
- ☐ Press tongue to roof of mouth
- ☐ Splash cold water on wrists
- ☐ Move your body
- ☐ Say: "This is not an emergency"
- ☐ Other: _____

Step-Away Strategies (2-5 minutes):

- ☐ Bathroom break (the universal parent escape hatch)
- ☐ "I need a minute in the bedroom to reset"
- ☐ Glass of water + looking out the window
- ☐ Quick text to parenting buddy with SOS code
- ☐ Other: _____

PRONG 2: CONSISTENTLY CONNECT

DAILY CONNECTION RHYTHM

What are you going to do this summer to deepen the relationships with your children?

PRONG 3: CHOOSE CLOSENESS

RESPONSE ROADMAP

For Meltdowns/Big Emotions:

1. SEE: Get close, make eye contact if possible
2. STAY: Offer comfort through the storm

3. DIRECT: Give simple guidance once calm
4. BRIDGE: Reconnect and move forward

For Not Listening/Resistance:

1. SEE: Establish connection before direction
2. PLAY: Make the request playful if possible
3. SET: Hold the boundary with compassion
4. BRIDGE: Preview the next positive interaction

For Sibling Conflicts:

1. SEE: "I see you both really want the same toy."
2. DIRECT: "Toys are for playing, not hurting."
3. STAY: "It's okay to feel disappointed."
4. PLAY: "Should we set a timer or find a game for both?"
5. BRIDGE: "I love how you worked that out!"

REPAIR PLAN

My go-to repair process when I lose my cool:

1. Cool down: _____
2. Reconnect: _____
3. Acknowledge: "I didn't handle that how I wanted to"
4. Keep it simple: No long explanations
5. Move forward: "Let's try again"

YOUR NO-YELL SUMMER ACTION PLAN SUMMARY

This Summer I'm BECOMING THE ONE...

My Summer Identity:

My Emotional Capacity Focus:

My No-Yell Belief:

My 3 Goals:

Emotional:

Relationship:

Recovery:

If only ONE thing happened this summer what would I want that thing to be?? Why??

What will I have to give up to make that ONE thing happen?

Describe the result of this ONE thing happening.

What would I have to DO and/or KNOW for this ONE thing to happen?

What is the biggest obstacle that would get in the way of me doing this ONE thing?

How would I have to feel for this ONE thing to happen?

What would I have to believe for this ONE thing to happen?

What do I want to believe about myself at the end of summer?

What do I want to believe about my children at the end of summer?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Weekly Check-In Questions:

- What worked well this week?
 - Where did I embody my new identity?
 - What evidence did I collect for my new belief?
 - What needs tweaking for next week?
 - How did I practice my emotional capacity?
-

"Remember: This isn't about perfection. It's about PROGRESS. You will still have hard days. You will still lose your cool sometimes. But with this framework, you'll have fewer yell moments, faster recovery, and deeper connection. And that is the difference between a summer you survive and a summer you actually enjoy."

☀️ **You've Got This!** ☀️

The version of you who lives your Triumph Story is already here. She's just waiting for you to choose her.

This is YOUR summer of transformation!

Want help implementing your NO YELL Summer Plan??

Check out [The NO YELL Summer Implementation Experience](#)