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Ted Talk by Becky Kennedy.

'The single most important parenting strategy'

Key points

Repair - Strategy

Self-blame

Temper management

Self repair

Notes

No such thing like a perfect parent.

'Get good at repair' - Strategy

Teach kids how to regulate their disappointments

It's never too late to reconnect

15 ^{second} minute interventions can have life long effects.

'Repair with your child'

'Use my energy to repair'

Summary -- Strategies to manage the
'not-so-great' moments with kids. ~~the~~ the most
impactful is 'repairing'.