



Parenting With Presence



Three Daily Shifts That Strengthen Connection
in 10 Minutes or Less

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A Gentle Reminder

Parenting is not about perfection. It is about presence.

When stress is high, our nervous systems shift into urgency. We react instead of respond.

We correct instead of connect. This is not failure. It is biology.

The good news: small relational shifts regulate both you and your child.



1 Connect Before You Correct

When your child is dysregulated, pause.

Try this:

- Get on their eye level.
- Soften your voice.
- Say: "I'm here. Tell me what's going on."

Why it works: Safety comes before learning. When a child feels seen, the nervous system settles.

2 The 6-Second Regulation Hug

Hold your child for at least six seconds.

Why it works: Prolonged physical connection increases oxytocin and decreases stress hormones.

If touch isn't preferred, sit side by side instead.

3 One 10-Minute Ritual

Choose one:

- Bedtime reflection
- Morning greeting ritual
- Device-free meal
- 10-minute one-on-one time

Consistency builds security.

● Reflection

Which shift feels most doable this week?

What would change in your home if connection became your first move instead of correction?

Ready to go deeper?

Elisme Consulting Services LLC offers trauma-informed parenting workshops and coaching for families navigating stress, transition, and cultural identity.

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