



PAUSE BUTTON CHALLENGE

GREAT PARENTING
SIMPLIFIED

ABORT MISSION



PAUSE BUTTON CHALLENGE DAY 4:

ABORT MISSION

The Pause Button Challenge is an easy way to implement temporary, fast reset solutions that will help ease emotions in the moment, but they are not able to solve the root problems.

The Pause Button Challenge is like a band-aid for your wound, but if something keeps cutting you over and over again, you'll still be hurting even after putting the band-aid on.

That's why we recommend that parents in our program try out one of our longer-term solutions to solve the root issues that are causing your frustration and anger, such as the [Real Parents Roadmap membership](#) and our [1-on-1 mentorship program](#).

I mention these programs because you may still feel frustrated and guilty even as you go through the Pause Button Challenge. It's OK to feel guilty and to struggle. We all do!

Parenting is a difficult journey, and in many ways, is much more difficult now than it was in previous generations because women have so many more expectations placed upon them than they did in the past. That's why I created the Great Parenting Simplified movement as a way to act as a digital support village for the mothers, parents, and caregivers who need more support.

Today's Pause Button Challenge is to abort mission. Sometimes you may feel too emotional or overwhelmed to respond with one of the reset methods already described. Or maybe your kids are mistreating you, and allowing that behavior to continue would be disrespectful to you.

In these cases, I recommend using the Abort Mission technique. Simply leave the situation. You can tell your children you need to go to the bathroom, or if they are older, you can let them know you are feeling emotional and need a break. And in some cases, you may find it helpful to reverse your decision. You can say, "you know what, I forgot, but this morning I decided that once a month we can have ice cream for dinner, and that's today! "

When you've tried this challenge, share your results in the [Real Parents Raising Awesome Kids group](#) with #pausebutton challenge!



ABORT MISSION IDEAS



When you find yourself getting frustrated or angry, or if your children are mistreating you, it's time to Abort Mission.

Then try one of these exit strategies:

- Bathroom break
- Say you forgot something in another room
- Change the plan to avoid conflict
- Tell your child you need a break
- Take a phone call in another room

Write your own Abort Mission ideas:

The family harmony you've always dreamed of IS possible.

You've already taken the first step.

Now it's time to go deeper.



Hi, my name is Jacqueline Green and I was once just where you are.

Overwhelmed, stressed, and feeling like parenting shouldn't be this hard.

I was 30 years old and delighted to leave my corporate career to become a mom.

I was confident that I had the ability to parent differently than my own mother.

I would be kind and loving, not harsh and overbearing.

I would put my kids first, but still make time for myself.

I would lovingly guide my kids without punishment or stress.

But I soon discovered that doing things differently required skills I didn't have.
My dreams of family bliss turned into a nightmare of overwhelm.

Almost overnight, I was hit with postpartum depression, unexpected rage,
crippling perfectionism, and a rapidly disintegrating marriage.

Thanks to starting to learn the tools that I now teach, I was able to take my two
little kids to a woman's shelter to escape the abuse.

Even though that period was the most difficult in my life, I also consider it my
biggest gift because of the growth I achieved that enabled me to be the mama I
had always vowed to be. I also became a dramatically more effective professional,
and an international leader when pre-kids, my career was floundering.

Instead of giving in to dark thoughts and depression, I committed to find
solutions that would work for my family. That mission led me to train as a
parenting coach with Active Parenting and to mentor under Dr. Gordon Neufeld.

From this foundation, I created the Great Parenting system from almost 20 years
of parent educating, working with over 150 of the world's top parenting experts,
and thousands of parents with almost every possible parenting issue all over the
world.

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Parenting is less about "tricks or tips"

and more about following a roadmap that you use as
your parenting GPS to get to your destination

Our GPS roadmap guides parents around the world with the Mindset, Alignment & Support they need to succeed, no matter what challenges they face. We've dealt with pretty much every challenge out there, and the basic steps are the same, in part because our work is about restoring YOU to your rightful place as your child's leader.

You are not alone, and you are not wrong for having a hard time. Being a parent today is a difficult challenge and our support systems are weaker than ever.

It has always taken a village to raise a child.

Let us be your village.

Ready to transform your parenting?

[Click here to learn more!](#)



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You'll Discover:

How to use the GPS principles of Mindset, Alignment & Support to reduce the uncertainty of day-to-day parenting.

Our GPS "roadmap" so you can handle your child's challenging behavior without losing your cool.

How to implement the core parenting principles you need to know so your family runs smoothly and functions the way you always knew it could...

...allowing you to truly connect with your kids and develop positive relationships that will last their whole lives.

Access to GPS-certified coaches who can help you implement the system every step of the way.

A support system of thousands of moms all over the world who "get it" and are dealing with the same struggles as you. It is amazing how much further and higher you and your children will go with a safe, supportive community.

Ready to unlock your parenting GPS?

[Click here to get started!](#)



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