

Mary Reynolds' Quickie Vibe

Check List

navigating the energetics of behavior

1

Is it my energy?

When my kid starts acting crazy, I always check myself first. It's like being the conductor of a wild energy orchestra. Gotta make sure I'm on point before I tackle the tantrums and the chaos.



2

Is it normal kid energy?

When my kiddo's acting like a little tornado, I gotta assess if he's just being a rambunctious kiddo or if something deeper's going on. It's like trying to decipher a secret code - parenting's own X-Files!



3

Is it both or our energies?

When my kiddo's having a moment, I'm like FBI agent Mulder investigating a paranormal case! I gotta figure out if it's just me or both of us are energetically out of sync. It's like keeping a lid on two kombucha bottles ready to pop!



4

Is it somebody else's energy?

When my little one starts acting up, I channel my inner Sherlock Holmes to snoop out any judgmental vibes lurking in the air. No room for judgmental ghosts haunting our good vibes!



5

Is it the energy in the environment?

When my kid kicks up a ruckus, I spring into detective mode. Is the atmosphere sketchy? Are the vibes toxic? Time to investigate!

