



where
POSITIVE
parenting and
AUTOIMMUNE
diSease
meet

Estie Alessandrini MD, PhD

POSITIVE PARENTING
and
AUTOIMMUNE DISEASE
meet at a place of
KINDNESS

how to be kind to
yourself
everyone around you
and your diagnoses

3 STEPS TO SUCCESS

define and understand
the K.I.N.D approach
5 action steps

at a place of K.I.N.D.NESS

how to be kind to
yourself
everyone around you
and your diagnoses

POSITIVE PARENTING

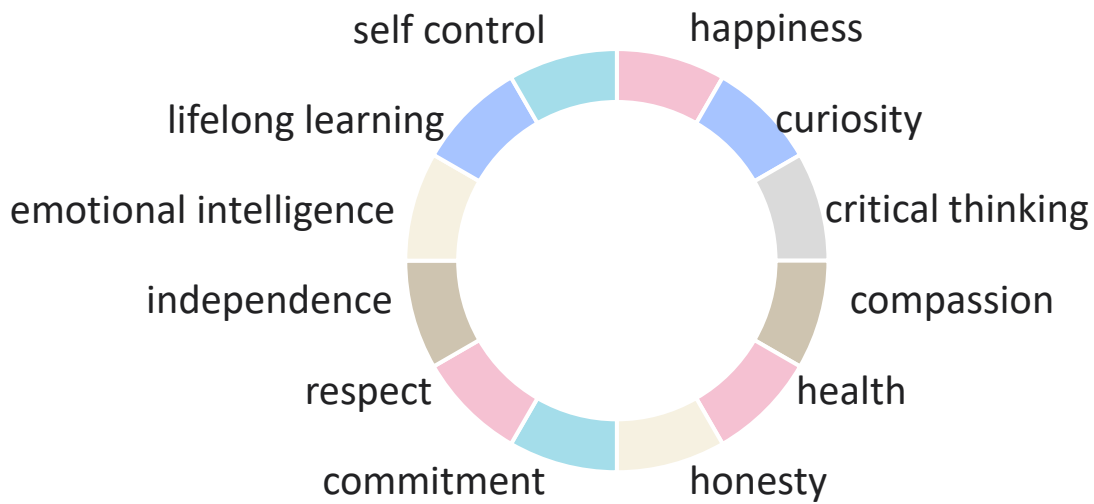
is all about knowing how to build positive
interneural connections and raise happy and
healthy kids

*TO BE IN YOUR CHILDREN'S MEMORIES
TOMORROW, YOU HAVE TO BE IN
THEIR LIVES TODAY*

AUTOIMMUNE DISEASE IS

when your immune system attacks healthy
cells and tissues

HOW TO MEASURE PARENTING SUCCESS



SKILLS TO TEACH KIDS

MY NOTES

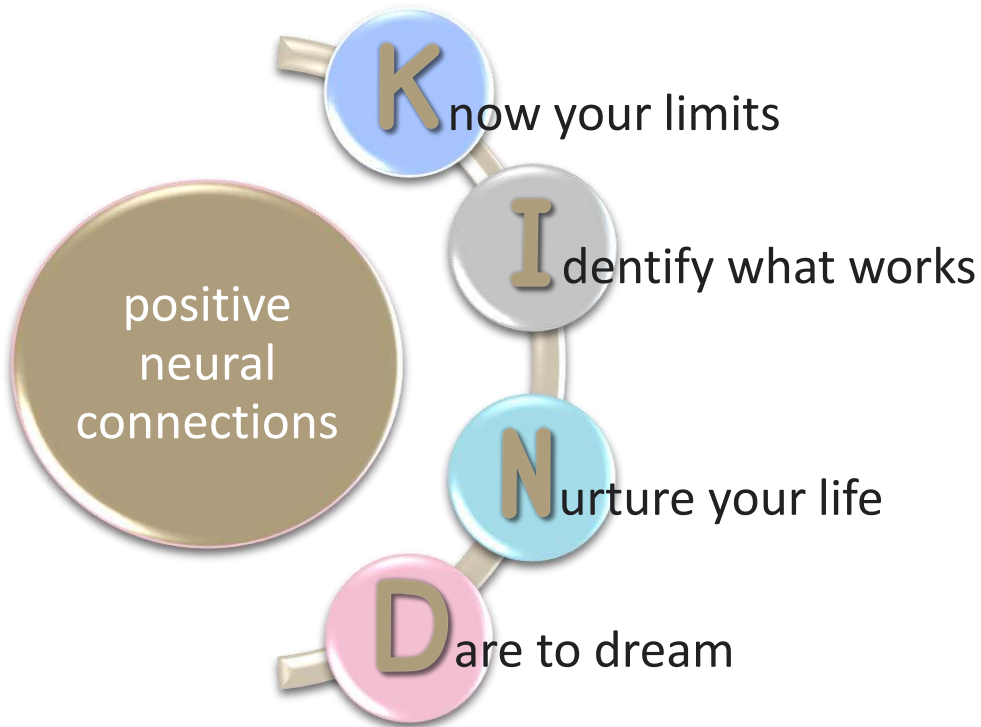


POSITIVE PARENTING ACTION STEP ONE

define what it means to you to be a positive parent
coping with autoimmune disease

POSITIVE PARENTING THE K.I.N.D APPROACH

HEALTHYFAMILYANDME.COM



MY NOTES

KNOW YOUR LIMITS

LISTEN TO YOUR BODY
LEARN TO SAY NO

benefits of listening to your body

how to say no

MY NOTES



KNOW YOUR LIMITS ACTION STEP TWO

KEEP A JOURNAL

my feelings & emotions

my triggers & patterns

my strengths

my limitations

[click here to see the Good Mom challenge journal](#)

I IDENTIFY WHAT WORKS

BE ADAPTIVE HAVE A PLAN

how I can be more adaptive

benefits of having a daily routine

TO ME

TO MY KIDS

MY NOTES



IDENTIFY WHAT WORKS

ACTION STEP THREE

CREATE A PLAN

daily family routine ideas

emergency plan ideas and contacts

weekly family meeting

DAY

TIME

TO DISCUSS

NURTURE YOUR LIFE

HAPPY & HEALTHY BODY MIND & SOUL

energy boosting foods

places to start looking for my tribe

LOCAL COMMUNITY

FACEBOOK

MY FAVORITE WAYS TO

be more active

eat healthier

sleep better

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NURTURE YOUR LIFE ACTION STEP FOUR

happiness & gratitude list

my tribe

my healthy life plan

DIET

SLEEP

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HAPPINESS

ACTIVITY

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TIP do a body cleanse detox
[click here to join for free](#)

DARE TO DREAM

ADJUST YOUR EXPECTATIONS

how can I be kind to myself

how can I be kind to everyone around me

how can I be kind to an autoimmune diagnoses

how to improve my emotional intelligence

*EMOTIONAL INTELLIGENCE PROVIDES YOU
WITH A BETTER INNER WORLD
TO COPE WITH THE OUTSIDE WORLD*



DARE TO DREAM ACTION STEP FIVE

my big dreams

our family goals

FOR THIS YEAR

FOR THE NEXT 5 YEARS

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our bucket list activities

TO DO THIS MONTH

TO DO SOON

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TIP have a kickass morning routine
[click here to find the perfect one](#)

K.I.N.D PARENTING

my fears, hopes and triumphs

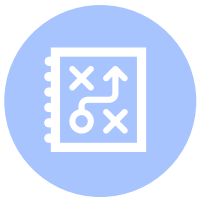
being a
MOTHER
is learning about
THE STRENGTHS
you didn't know you had
and dealing with
THE FEARS
you didn't know existed

how to boost your POSITIVE PARENTING SKILLS

visit <https://healthyfamilyandme.com/positive> to access all

K.I.N.D WORKBOOK

~~\$9~~ FREE ACCESS to the step-by-step workbook to create your KIND family plan and take back control



GOOD MOM COLLECTIVE

~~\$59~~ FREE ACCESS how to be a beautifully calm and confident mom interactive online course and community



KICKASS MORNING ROUTINE

power routine bundle to start your day strong & radiate positive vibes, including the 5-minute emergency routine



VISIT THE BLOG

stay up to date with the latest healthy living, parenting and mom life trends

JOIN OUR COMMUNITY

and be the first to get access to all the best freebies & fun stuff



QUESTIONS or COMMENTS or to find out more about the COACHING PROGRAM

email me



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visit the blog



HealthyFamilyandMe.com

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