



# KNOW *yourself*

The Foundation of  
**Wise Parenting**



3 Powerful Tools to Understand  
You Better, So You Can Parent Better. ♥



— Heal the Mother. Raise with Love. Change Generations. —

## Before you change the behaviour, understand yourself.

Aap ka reaction aksar sirf us ek moment ki wajah se nahi hota.

Stress, exhaustion, expectations aur purane patterns present moment ko zyada intense bana sakte hain.

Self-awareness ka matlab khud ko blame karna nahi.

Main apne andar kya ho raha hai samajh kar behtar choice kar sakti hun.

## TOOL 1 — Find Your Hidden Trigger

Jab child ka behaviour difficult lage, poochain:

Mujhe is moment mein sabse zyada kya activate kar raha hai?

- Mujhe lagta hai meri baat nahi suni ja rahi.
- Mujhe control lose hone ka feeling aata hai.
- Mujhe lagta hai main fail ho rahi hun.
- Main already overwhelmed hun.

My hidden trigger is \_\_\_\_\_.

## TOOL 2 — Catch Your Earliest Warning Sign

Gussa aksar ek dum se nahi aata. Body pehle signal deti hai.

Mera pehla signal:

- Voice change hoti hai
- Body tense hoti hai
- Breathing change hoti hai
- Mind kehta hai: Bas ab bohat ho gaya

When I notice this, I need a pause.

## TOOL 3 — NOTICE → NAME → CHOOSE

NOTICE:

Mere body mein kya ho raha hai?

NAME:

Main actually kya feel kar rahi hun?

CHOOSE:

Main kis tarah respond karna chahti hun?

A small pause creates space for a wiser response.

# A Note for You



Mama, **you don't need to be perfect.**  
You just need to be present, aware and willing to grow.



Self-awareness is **not a one-time thing.**  
It's a journey. A daily choice. A return to yourself.



When you heal, you don't just parent better—  
**you raise a generation that heals too.**



## REMEMBER:

*You are enough. You are doing better than you think.  
And your child is healing because you chose to heal. *

With love, 

*Alizah Taha* 

MBBS | PARENT COACH AND EDUCATOR  
FOUNDER, **WISE PARENTING**

