



## 4-Step Parent Guide to Handle Hard Moments with Friends

1. Next time your child experiences a hard moment with a friend, **allow them to feel all their feelings** - the good and the bad.
2. **Share a story** with them when you felt similar emotions.
3. And then get excited! **What hidden treasures is your child meant to find** so they can be the best friend the world has ever known! :)
4. **Give "Thanks"** to the Universe for this hard moment!