Part of

The Celestial Bond Method TM

Introduction Series



NAME IT • FRAME IT • CLAIM IT

3 simple steps to turn over-emotion into resilience.











Name it

Acknowledge the feeling before fixing the behavior.

This step <u>validates</u> the child's emotional truth and calms their nervous system.

Supports the Moon Layer: connects with safety, containment, trust.



Give the feeling context and language.

Shows that emotions can <u>make sense</u> but have practical boundaries.

Taps the Sun & Rising Layer: finds understanding, identity and perspective.

Claim it

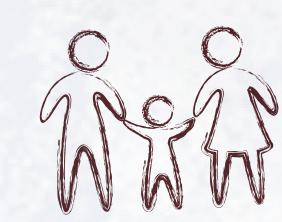
Model calm ownership and connection.

When you share emotional truth instead of judgment, you model self-regulation and turn <u>insight into action</u>.

Integrates Mars & Sun Layers: builds confidence, resilience and forward motion.







Example 1: ddo is velling or

Kiddo is yelling or crying over a toy

made a mistake."

Why?: Names the shame, while crucially transforming fear

"It's okay.... You're scared I'll be upset you

"I understand, honey. You're mad it's not your turn."

Why?: This gets to the heart of the real feeling, which is

anger at their loss of control. Naming it hands

the control back.

"Waiting is hard when you're excited and ready, isn't it?"
Why?: Gives the feeling context. They're just feeling overwhelmed by their excitement, not their defiance.

"And guess what! I get impatient too when I'm ready for something, but then I remember my turn is coming soon."

Why?: Normalizes the impulse while modeling patience and restraint.



of consequences into simple vulnerability.

"Mistakes can feel scary, but we'll fix them together."

Why?: Adds safety and structure to restore their sense of belonging.

"I've broken things before too. Let's repair it side by side. I'm right here to help."

Why?: Teaches that repair, not perfection, builds trust.



Excessive whining or fighting at bedtime

"I totally get it. You don't want the day to end."

Why?: Recognizes resistance as attachment and love, not rebellion or non-cooperation.

"Your brain's still in daytime mode; it wants to stay connected, even though it's time for sleep."

Why?: Reframes the protest as a signal rather than defiance and validates connection as natural.

"It's hard to switch off when my heart's still full, too. I promise you can rest knowing I'm not going anywhere."

Why?: Re-enforces rhythm, regulation and trust.

How to use:

1.) Always start with empathetic connection.

Describe the feeling you see, and reach them through that feeling, not the behavior you dislike.

2.) Add meaning.

Once connected, show the logic behind the emotion; after you've lent your regulation and empathy, it's time to build understanding.

3.) Model calm connection.

Share the experience, then guide it toward reconnection.

If you practice it regularly, this flow becomes second nature. You will learn how to maintain an authoritative approach even during crises, which will deepen connection, cooperation, and your kiddo's emotional resilience.

Why we use it:

Based on Dr. Dan Siegel's principle, "Name it to tame it," this method combines neuroscience and attachment theory in a way any caretaker can use.

When we <u>name</u> what a child feels, we help their brain organize the storm and with some patience, their thinking side will turn back on, and the feeling side starts to calm. When we <u>frame</u> what's happening, we teach that emotions can make sense, and they don't have to take over. And when we <u>claim</u> it as their grown-ups, sharing our own calm, we show them what self-regulation looks like in real time. Instead of punishing emotion and dysregulation, this approach demonstrates how to move through it.

Every step of the formula mirrors a layer of the **Celestial Bond Method's** inner architecture. When these layers work in sequence, the child's nervous system experiences harmony between emotion, thought, and behavior. They don't just "calm down"; they develop emotional fluency. The result is a self who can feel deeply without being ruled by feeling, who can act in their various signs' light expression - balancing both confidence and compassion.

