

"This is a Tough Moment" Walk-Through with Elisha Goldstein

Use this guide the next
time you experience
a tough moment.



Be aware of the
tough moment.



Name it:
"This is a Tough Moment".

You are not alone.



Soften around
the moment.



**Better Sleep for Kids
SUMMIT**

Brought to you by [The Better Sleep for Kids Summit](https://www.bettersleepforkids.com)