



NOTICE WHAT YOU'RE DOING

Check any of these things you've done lately (even if not perfectly)

- ☐ Dealt with kids melting down over things that really don't seem meltdown worthy.
- ☐ Dealt with the homework refusal that triggers your own stress response.
- ☐ Dealt with the routines that should be predictable, but somehow still become a battle.
- ☐ Dealt with kids who won't get dressed, won't get in the car, won't go to bed, won't start homework, or who won't stop arguing.
- ☐ Dealt with kids who ask the same questions over and over because uncertainty feels unsafe and they seem to need constant reassurance.
- ☐ Dealt with siblings who push each other's buttons like it's their life mission.
- ☐ Dealt with kids whose anxiety becomes the center of gravity for the whole house.
- ☐ Dealt with kids whose avoider brain kicks in the moment something feels even slightly uncomfortable.

- ☐ Tried to stay calm so you could help them with their feelings.
- ☐ Tried to lead and show empathy.
- ☐ Tried to remember what "good parenting" looks like.
- ☐ Tried to understand your child rather than judging them.
- ☐ Tried to respond differently, better.
- ☐ Tried to grow and improve.
- ☐ Got up again and tried the next day, even when yesterday was hard

This is hard.

Appreciate what you do, not just what you don't do