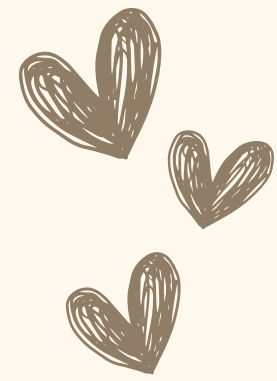


That Parenting Coach shares:

10 Things I Wish I'd Known About Parenting  
...and One Truth I Still Hold On To

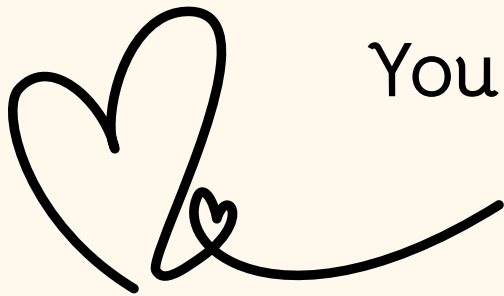




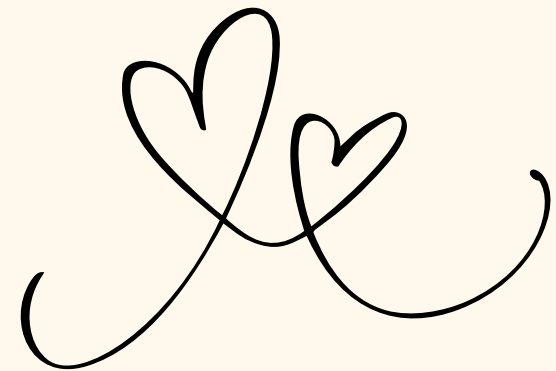
1. *You're Not Failing*  
*You're parenting with a full plate—  
and probably cold leftovers.*


You only know what you know.

If no one ever showed you how to regulate, repair, or  
respond with calm...  
how would you know how to do it now?



You're not broken—you're learning.  
And that's brave.



 Try This:

Pause before reacting.  
Take one deep breath and ask yourself:  
“What would I have needed at their age?”




## 2. Connection Over Control Behavior is communication.



The meltdown, the shutdown, the sass—it's not personal.  
It's a signal.

Before correction, try connection.  
That's where trust lives. That's where change begins.



 Try This:

Instead of “Stop yelling,” try “You sound really  
overwhelmed. I’m here.”

Meet the emotion before the behavior.

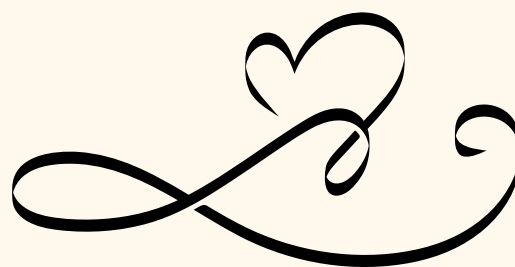



### 3. Regulation Is Contagious

Your nervous system leads the room.

If you're calm, they borrow your calm. If you're spinning out... they will too.

You don't have to be perfect. Just be the anchor.  
Calm is not a vibe—it's a skill.



 Try This:

Put your hand on your heart.  
Exhale slowly.

Name what you are feeling—out loud, if possible.  
It helps both of you come back online.

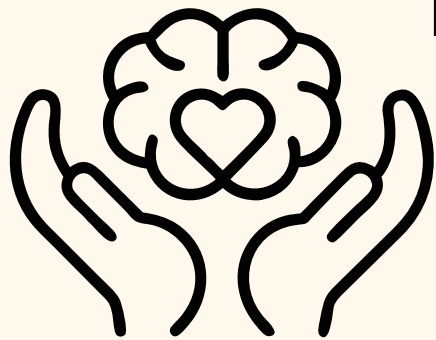
#### 4. Play Builds Brains



I didn't understand the importance of play.

But play is your child's language—  
and it's how they build connection.


Play isn't a break from learning—it is learning.



Laughter, imagination, movement—  
these light up the whole brain.

It's also co-regulation.

It's how your child feels seen, safe, and connected.

 Try This:

Join their world for 5 minutes.

Let them lead. Be silly.

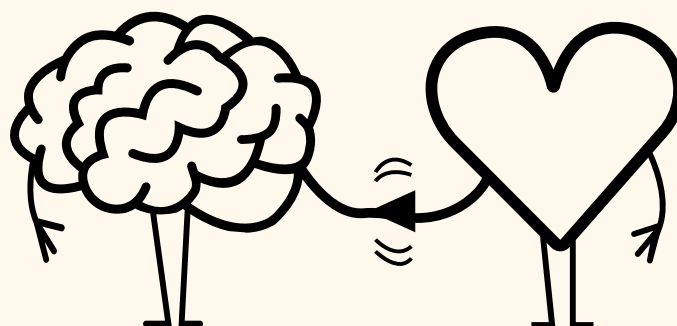
No lessons, no corrections—just joy.



## 5. They're Not Giving You a Hard Time— They're Having One

What looks like defiance is often dysregulation.  
Tantrums, refusal, sass—they're signals, not attacks.

Your child isn't trying to manipulate you.  
They're trying to communicate something  
they don't have words for yet.



 Try This:

When your child is melting down, whisper to yourself:  
“Their nervous system needs help, not punishment.”


Then breathe before you respond.

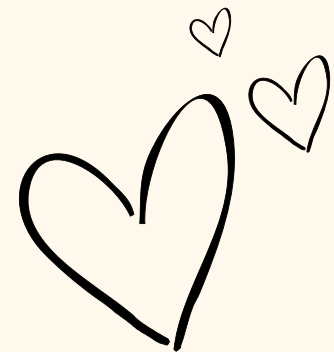
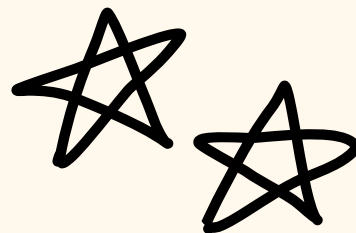
## 6. Monkey See, Monkey Do

Kids don't follow lectures—they follow you.

They learn how to respond to stress by watching how you do it.

Modeling calm doesn't mean never getting upset.  
It means showing what repair looks like after rupture.

 Try This:

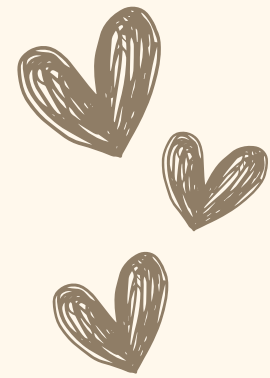


When you lose it (because you're human), say:  
"I got overwhelmed and yelled. That wasn't okay.  
I'm working on it."

That's modeling. That's magic.




7. Don't Logic the Storm  
When emotions are high,  
the thinking brain is offline.



You can't reason with a child (or adult) who's  
in fight, flight, or freeze.

Trying to "talk them down" won't work until  
they feel safe again.



 Try This:



Focus on soothing, not solving.  
Lower your voice, get down to their level,  
and breathe with them.

Words can come after regulation



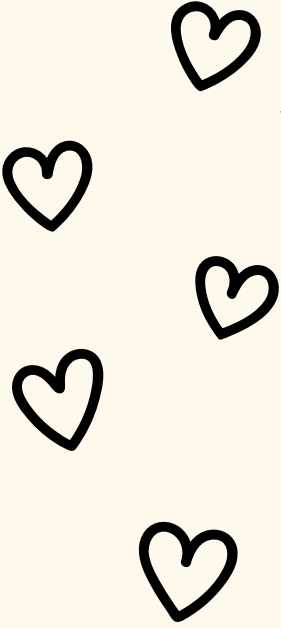


## 8. Repair > Perfection

You're going to mess up.


You'll yell.

You'll lose it.




You'll say the thing you wish you hadn't.

That doesn't break the relationship—  
not repairing it does.



Repair teaches your child that love is safe,  
even when it's messy.




Try This:

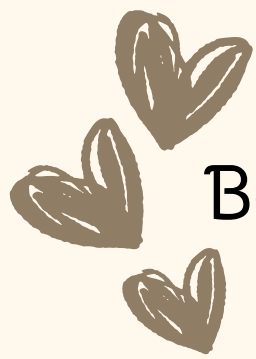
After a rupture, say:

"I'm sorry. I didn't handle that well. Can we try again?"

Then reconnect with a hug, a game,  
or a quiet moment together.



## 9. Loving Limits




Boundaries are not mean. They are safe.

Your child needs to know where the edges are  
to feel secure inside them.

You can be both firm and kind.  
It's not "either-or"—it's "both-and."



 Try This:

Use a calm, clear tone and say:  
"I won't let you hurt me. I'm here when you're ready."

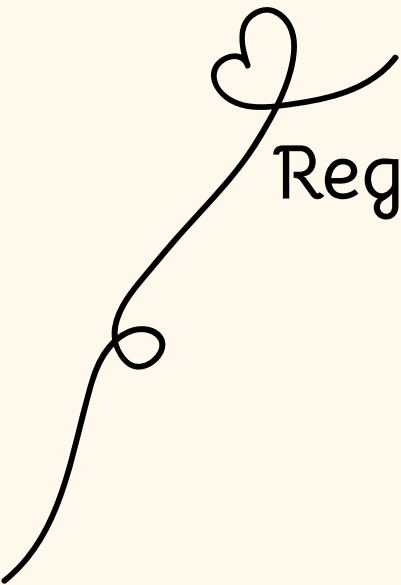
Hold the limit with love. That's leadership.



## 10. You Weren't Meant to Do This Alone


Parenting is too big, too sacred, and too hard to do in isolation.

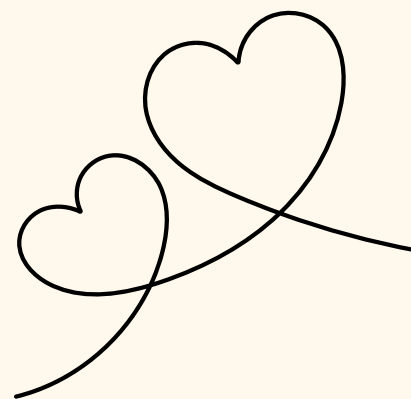
It's not a failure to need help—it's human.  
You deserve support, too.



Regulated parents raise resilient kids.



 Try This:



Reach out. Ask a friend for help.  
Join a group. Text someone you trust.

Say out loud: "I don't have to figure this out alone."

## 💛 Bonus Truth

No one ever told me I would love this tiny human more than life itself.

That I would feel joy and rage in the same breath.  
That healing myself would be the greatest gift I'd ever give my child.

And no one told me how lonely it can feel.

That's why I'm building this community.

To create a space where parents can be real, ask questions, grow together, and stop parenting in isolation.

You don't need to be perfect.

You just need people who get it.

💛 Keep an eye out for upcoming parent support groups. No judgment. Just tools, encouragement, and connection—because we're in this together.

## 💛 You're Not Alone in This

Parenting is hard. Healing while parenting is even harder.

If any of these truths resonated with you, made you feel  
seen, or helped ease that inner critic...

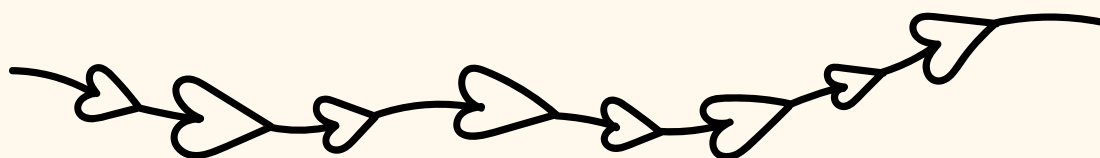
know this:



you're doing better than you think.  
And you don't have to do it all alone.

I created That Parenting Coach to walk beside you through  
the messy, magical, exhausting,  
heart-bursting ride that is parenting.

Whether it's navigating screen meltdowns, managing big  
emotions, or breaking cycles you never asked to inherit—you  
deserve support that's brain-based, shame-free,  
and rooted in connection.



Let's keep going. Together.

➡️ Connect with Me

Website: [www.thatparentingcoach.ca](http://www.thatparentingcoach.ca)

Instagram: @ThatParentingCoach

Facebook: That Parenting Coach

YouTube: That Parenting Coach

Email: [hello@thatparentingcoach.ca](mailto:hello@thatparentingcoach.ca)

💬 Coaching | 🌱 Brain-Based Parenting Tools |

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Live Q&As

Free downloads

Community support (yes, the judgment-free kind)

Make sure to subscribe and follow for updates and encouragement you can actually use—even on zero sleep and cold leftovers.

