

Gentle steps forward

Small, thoughtful actions can create more steadiness than trying to solve everything at once.

Three more helpful questions:

5 What boundaries would help create more peace for me and my children?

6 What do I need to communicate clearly—and what can I release?

7 What is one next step I can take this week?

A simple reset

- 1 Pause and take three slow breaths.
- 2 Name what you can control today.
- 3 Choose one steady next step.

A gentle communication starter

“For the children’s sake, I would like us to focus on what creates the most stability right now. I am hoping we can take one step at a time and communicate clearly and respectfully.”



If you are becoming a co-parent, navigating divorce, or would like support strengthening your co-parenting relationship, please reach out by email:

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