

# Free Parent Reset Kit

Simple calming tools for overwhelmed parents who need quick support during hard moments.

You do not need to fix the whole day. You only need to reset the next moment.

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## 1. The 60-Second Grounding Reset

Use this when you feel overstimulated, angry, anxious, or emotionally flooded.

- 1 Put both feet flat on the floor.
- 2 Drop your shoulders and unclench your jaw.
- 3 Take two slow breaths. Breathe out longer than you breathe in.
- 4 Name 3 things you can see.
- 5 Say: "I only need to handle the next small step."

## 2. Emergency Calm Scripts

Use calm, short phrases during stressful parenting moments.

- "You are safe. I am here."
- "We can slow down."
- "One thing at a time."
- "We are having a hard moment, not a bad day."
- "I can stay calm while we figure this out."

## 3. The 5-Minute Morning Reset

When the morning feels rushed, loud, or chaotic, try this quick reset.

- 1 Pause before reacting.
- 2 Pick the next 2 tasks only.

- 3 Use a calm voice instead of a fast voice.
- 4 Drop one non-essential task.
- 5 Celebrate one small win before leaving the house.

## 4. The 25-Minute Focus Reset

Use this when everyone feels distracted or stuck.

- 1 Choose one task only.
- 2 Set a 25-minute timer.
- 3 Remove one distraction.
- 4 Work until the timer ends.
- 5 Take a short break after the focus block.

## 5. The Next Small Step Page

When your brain feels overloaded, do not think about the whole day. Write down only the next small step.

What feels hardest right now?	
What is one thing I can do next?	
What can wait until later?	
What would help me feel calmer?	

## Final Reminder

You are not failing because parenting feels hard sometimes. Small resets matter. Calm can start with one breath, one pause, and one next step.