

Parent Reset

[Start Here](#) | A daily 10-minute practice

From Reactive to Intentional (in 10 minutes a day)

Busy parenting moments can move faster than your intentions. This reset gives you a simple way to prepare, pause, and repair. Adapt the language to your child's age and abilities; the aim is a more intentional response, not a perfectly calm day.

01 Prepare For Three Minutes

Choose one recurring difficult moment. Name your early stress signal and one response you want to practice. Keep the expectation simple and age-appropriate.

02 Pause For One Minute

When the moment comes, make sure your child is safe. Notice your feet, lower your voice if you can, and take a brief pause before adding more words.

03 Connect And Guide For Three Minutes

Name the feeling without guessing too much. State one clear limit and offer a workable next step or two acceptable choices. Keep explanations short.

04 Reflect Or Repair For Three Minutes

Later, notice what helped. If you shouted or reacted harshly, own your part without blaming your child. Restate the limit and practice the words you want to use next time.

What This Could Look Like

Moment: leaving the park. "You wanted more time. It is hard to stop. We are leaving now. Would you like to walk beside me or hold my hand?" If needed later: "I shouted. I am sorry. Leaving was still the plan, and I will work on using a steadier voice."

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Your Reflection | Make It Personal

Type into the fields and save your copy. Short phrases are enough.

Name / Date

01 The Moment I Want To Handle Differently

What happens? What is my early sign that I am getting overwhelmed?

02 What I Want To Model

Choose one quality: steadiness, kindness, a clear limit, or willingness to repair.

03 My Words For That Moment

Feeling I can acknowledge + one limit + a workable next step.

04 What I Noticed And Will Try Next

What helped? What needs adjusting for my child's age, needs, or the situation?

Choose one useful answer to carry into your next action.

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Put It Into Practice | One Useful Next Step

Morning: Three Minutes

Pick today's likely difficult moment and rehearse one sentence. Consider a practical support: more transition time, fewer instructions, or a snack.

During The Day: Four Minutes

Use the pause and a short response when possible. If the moment needs immediate action, focus on safety first and reflect afterward.

Evening: Three Minutes

Notice one effort that mattered. Repair if needed, and choose one adjustment for tomorrow. The ten minutes can be spread across the day.

Words To Make It Easier

"I can acknowledge the feeling and keep the limit. My words are _____. If I lose my steadiness, I can return and repair."

A Common Snag

A clear limit does not require your child to agree with it. Leave room for their feelings while keeping your response respectful.

My First Step And Its Time

What will I do next, and when will I begin?

You can return to the parent you want to be, one response at a time.

Want Support With Your Next Step?

SharpenUp coaching helps you explore what matters, work through obstacles, and build small actions that fit your life.

Explore the 90-Day SharpenUp coaching program at sharpenupcoaching.com.