

2 - MELTDOWNS ARE CONNECTION IN DISGUISE

After-school tears are not defiance—they're release. You are your child's safe place to land.

3 - RECONNECT BEFORE YOU REDIRECT

A 10-minute ritual—snuggle, snack, quiet time—can soften resistance and build security.

4 - BOUNDARIES = LOVE AND STRUCTURE

Hold limits with clarity and compassion. "I see you. And I'll hold this steady for both of us."

1 - RHYTHM BRINGS SAFETY

Start small. One calming cue (dim lights, quiet music, a shared phrase) can shift the nervous system from chaos to calm.

BACK-TO-SCHOOL SURVIVAL GUIDE

5 Reminders for Calmer Evenings
3 Weekly Reflection Prompts

5 - PROGRESS OVER PERFECTION

Every deep breath, every do-over, every small shift you made this week... it counts.

WHAT WORKED WELL FOR US THIS WEEK:

ONE RHYTHM, PHRASE, OR RITUAL WE WANT TO KEEP:

MY PARENTING INTENTION FOR THE WEEK AHEAD:

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