



PARENTING

Pause. Connect. Repair.

A plan for the messy middle of caregiving.

For adult parents and caregivers. Adapt to your child's age, abilities, and communication needs. Prioritize supervision and immediate safety; a pause must not leave a child unsafe.

01 Notice the early signal.

What tells me I am reaching my limit? What safe pause or practical help is available?

02 Consider the need and the limit.

What might my child need? What boundary still needs to hold? Example: "It is okay to be upset; I will not let you hit."

03 Plan a repair without asking my child to care for me.

"I raised my voice. That was my responsibility. I am sorry. Next time I will..." Choose words that fit what actually happened.

MAKE THE NEXT MOMENT EASIER

One routine, support request, or environmental change I can try:



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Parenting is not a perfection exam.

A page for responsibility and self-compassion together.

Reflect on one manageable moment. Avoid using this page to label your child. Seek professional support when concerns about behavior, development, or family safety persist.

01 What happened, in plain facts?

What did I notice about my needs and my child's needs? What remains unknown?

02 What do I want to take responsibility for?

Name one action to repair or change without turning it into "I am a bad parent."

03 What support would make this less lonely?

Consider a trusted person, clinician, practical help, or an adjusted expectation.

ONE THING TO CARRY FORWARD

A small moment of connection I want to make room for:
