

Hard Day Reset

Ten minutes. No perfection. Try again tomorrow if you need to.

1) 90-Second Parent Reset (you first)

Exhale slow (4 out, pause, 4 in x 3)

Drop shoulders + unclench jaw

Sip water

Name it: "This is hard, and I can do the next tiny thing."

2) 10-Minute Family Reset

Safety & Calm

Separate kids if needed: **"Safe hands. I'll help."**

Lights down 10%, window cracked,
one calm song

Environment quick-pass

Trash + dishes into bin/sink

Start sink soak (hot water + 1 drop of soap)

Floors: visible crumbs only (30-sec sweep)

Connection & Plan

Cozy minute: sit close, soft voice

One sentence plan: "We'll read 1 book, then pajamas."

Snack/water check (tiny fuel saves meltdowns)

3) Sibling Peace Playbook

Stare what you see: "Two kids, one toy."

Name feelings: "You're mad. You want a turn."

Offer choices: "Timer for turns **or** pick a new toy."

If no: "I'll choose now. Timer for turns."

4) Potty & Mess Reality (no shame zone)

Accident Plan: change + spot clean

Try again later beats power struggle

Floors > decor: crumbs and blinds can wait

5) Bedtime Debrief (3 Roses & 1 Thorn)

Rose #1: _____

Rose #2: _____

Rose #3: _____

Thorn: _____

Quick Scripts

"Hands down. Use words."

"I'm here to help."

"You can be mad. You may not hit."

**"Say what you need:
'My turn when timer beeps.'**

Tomorrow's tiny plan

A bad moment doesn't make a bad day