

Parenting *in the Wild*

Pin this near the kettle. The hard moment is not the time to remember the framework — keep it visible.

FEEL

Me Now

- Notice the state. Name it.
- "I'm frustrated. I'm overstimulated."
- Two breaths in. One long out.
- Don't act until you've felt it.

DO

Us Now

- Co-regulate. Don't lecture.
- Calm tone. Less talk, more touch.
- "Let's take three breaths together."
- The relationship is the intervention.

LATER

Revisit

- Wait until emotions have cooled.
- "Let's talk about what happened."
- Name it. Own it. Reconnect.
- Repair beats perfection.

REPAIR SCRIPT

Three sentences. Often less. Use after the storm.

1. **Name it.** "I lost it. I'm sorry."
2. **Own it.** "That wasn't about you."
3. **Reconnect.** "I love you. We're okay."

PARKING LOT

If it's not urgent, park it.

"This matters — but not right now. I'll come back to it after bedtime." Write it down. Revisit later.

Remember. *You're not failing. You're parenting a child with different needs in a world that doesn't always get it. Keep going. You're doing important work.*