

# Parent Care

You cannot pour from an empty cup.

## 6 PRINTABLE PAGES IN THIS KIT

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### **The Behavior GPS Method™ — the 4 moves on every page**

1. SPOT THE CLUE — What is the behavior telling you?
2. NAME THE NEED — Say the need out loud before the rule.
3. RUN MONAE'S 3 STEPS — Stop. Breathe. Say what I need.
4. TRACK THE CHANGE — Write what happened. That is your proof.

### **How to use this kit**

- Print it. Do not read all of it tonight.
- Pick the ONE page that matches tonight.
- Put that page on the fridge.
- I DO: you model it. WE DO: you practice it together on a calm day.
- YOU DO: your child tries it alone. Use one page for a week.

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# Parent regulation plan

*Your own three steps for staying steady.*

## DO THIS

1. My warning sign that I am getting full: \_\_\_\_\_
2. STOP: what I stop doing (talking, following, arguing).
3. BREATHE: my breath — in 4, out 6, three times.
4. SAY WHAT I NEED: my line out loud.
5. My person to text after a hard night: \_\_\_\_\_

## SAY THIS

"I need a minute. I am coming right back."

### 1 STOP

Hands still. Feet still.

### 2 BREATHE

In through the nose, out slow.

### 3 SAY WHAT I NEED

Use your words, not your body.

## PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

**YOU DO:** You try the 3 steps on your own.

# Guilt-release page

*Put down what you have been carrying.*

## DO THIS

1. Write the thing you keep replaying.
2. Write what you actually knew at that moment.
3. Write what you would tell a friend who did the same thing.
4. Write one repair you can still make.
5. Fold the page. You did not fail. You were learning.

## SAY THIS

“I am a good parent having a hard time.”

### 1 STOP

Hands still. Feet still.

### 2 BREATHE

In through the nose, out slow.

### 3 SAY WHAT I NEED

Use your words, not your body.

## PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

**YOU DO:** You try the 3 steps on your own.

## 5-minute reset menu

*Ten resets that fit in a real day.*

### DO THIS

1. Step outside and feel the air for two minutes.
2. Cold water on your face and wrists.
3. One song, loud, in the car.
4. Text one person the truth.
5. Stretch your arms overhead ten times.
6. Drink a full glass of water.
7. Sit in the parked car before you go in.
8. Wash your face and put lotion on.
9. Write three sentences and close the notebook.
10. Say the guilt out loud, then say “that is enough.”

### SAY THIS

“Five minutes for me is care, not selfishness.”

#### 1 STOP

Hands still. Feet still.

#### 2 BREATHE

In through the nose, out slow.

#### 3 SAY WHAT I NEED

Use your words, not your body.

### PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

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# Support-network map

*Name who you can actually call.*

## DO THIS

1. Who can I call at 10 pm? \_\_\_\_\_
2. Who can watch my child for one hour? \_\_\_\_\_
3. Who understands my child? \_\_\_\_\_
4. Who at school is on my side? \_\_\_\_\_
5. One person I will reach out to this week: \_\_\_\_\_

## SAY THIS

“I need thirty minutes. Can you take him Saturday?”

### 1 STOP

Hands still. Feet still.

### 2 BREATHE

In through the nose, out slow.

### 3 SAY WHAT I NEED

Use your words, not your body.

## PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

**YOU DO:** You try the 3 steps on your own.

# Boundaries with family script

*Words for the relative who criticizes.*

## DO THIS

1. Do not explain the diagnosis in the middle of a hard moment.
2. Say one calm boundary sentence.
3. Do not defend it twice.
4. Change the subject or change the room.
5. Follow up later, in private, if the person matters.

## SAY THIS

"We do it this way. I am not asking for advice right now."

"I know you love him. This is what works for us."

### 1 STOP

Hands still. Feet still.

### 2 BREATHE

In through the nose, out slow.

### 3 SAY WHAT I NEED

Use your words, not your body.

## PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

**YOU DO:** You try the 3 steps on your own.

# Burnout warning-signs check

*Catch it before you crash.*

## DO THIS

1. I am angry before the day even starts.
2. I cry in the car or the shower most days.
3. I have stopped calling people back.
4. I feel nothing when good things happen.
5. If three are true: tell one person and call your doctor this week.

## SAY THIS

"I am running on empty and I need help."

### 1 STOP

Hands still. Feet still.

### 2 BREATHE

In through the nose, out slow.

### 3 SAY WHAT I NEED

Use your words, not your body.

## PRACTICE IT ON A CALM DAY

**I DO:** I show you. I say the 3 steps out loud.

**WE DO:** We do the 3 steps together, slow.

**YOU DO:** You try the 3 steps on your own.