

STOP THE POWER STRUGGLES BEFORE THEY START

THE 3-STEP GUIDE TO
CALMER PARENTING

If your days often feel like a cycle of repeating yourself, negotiating, or dealing with resistance...

You're not doing anything wrong. Power struggles are usually a sign that your child is overwhelmed, stuck, or needing connection—not that they're being "difficult."

When you change the moment,
you change the day.

YOU DON'T NEED
MORE ADVICE.



This simple 3-step approach helps you shift the moment before it escalates.

01

CONNECT

Start with connection, not correction! Before instructions, reminders, or requests—pause and connect.

02

UNDERSTAND

Look beneath the behaviour! What you see on the outside is only part of the story.

03

GUIDE

Respond with calm structure! Once connection is present and you've paused to understand, guide your child clearly and simply.



YOU NEED A CLEAR,
PRACTICAL WAY
FORWARD.



TRY THIS

ENTER THEIR WORLD BEFORE GIVING DIRECTIONS

Sit beside them. Notice what they're doing. Make a simple comment before asking anything of them.

LOWER THE EMOTIONAL TEMPERATURE FIRST

If things feel tense, pause the demand. Connection creates safety—and safety creates cooperation.

TRY THIS

ASK: "WHAT'S UNDERNEATH THIS?"

Is your child tired, overwhelmed, unsure, or needing control?

LOOK FOR PATTERNS, NOT PROBLEMS

When does this happen most? Transitions? Mornings? After school?
Patterns give you the roadmap.

TRY THIS

OFFER STRUCTURED CHOICES ("CHOOSE YOUR ADVENTURE")

"Shoes on now, or after you grab your drink?"
This builds autonomy without losing direction.

STAY CALM AND PREDICTABLE

Your calm becomes their calm.
Consistency reduces anxiety and builds trust over time

READY FOR MORE SUPPORT?

Join the 4 Week Family Reset Waitlist!