

PARENTING REWIND: COMPARISON WOES

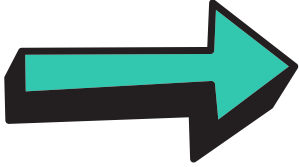
Parenting Rewind scripts give parents a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

Below, you'll find common scenarios between parents/guardians and kids along with our 3C co-regulation process for approaching these challenging situations with love and connection.

Print these scripts out and keep them in a binder or download them for easy, digital access on your phone! Have a friend who needs this advice? Share our free opt-in page [here!](#)

What to say...

INSTEAD OF



Try our 3C Method!

**"YOU'RE THE SMARTEST
KID I KNOW!"**



1 Connect to yourself first

Take a deep breath.
Focus on a long exhale.

BREATHE



"Comparison is natural."
"I'm my child's guide."
"I can guide them."

MANTRAS

2 Connect to your kids in the moment

"Sounds like there's a voice inside of you saying you're not good enough. I believe you. Did you know there are other voices, too? What do you think some of the other ones say?"

"I hear that you're feeling like you're not as good as the others. That can feel really tough. Remember, everyone has their own talents. Can we talk about some of yours?"

"It's natural to compare ourselves to others, but let's try something different. Instead of feeling envious, can we find ways to be inspired by their skills?"

"It sounds like you're feeling like you're not as good as the others. It's okay to feel this way sometimes. Remember, everyone is on their own journey and improves at their own pace."

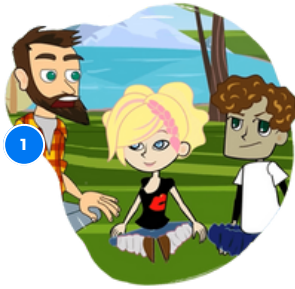
3 Collaborate outside the moment

Comparison is natural. That said, the most important comparison you can make is how you're doing today versus how you did yesterday. In other words, compare YOU to YOU! Can you think about some areas where you made progress or hit some goals this year? I can help you set some personal goals and work on them together. What do you think?

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Want to find more connected ways to approach challenging parenting scenarios? Find other scripts like this in our membership area!

Learn more here about becoming a member.



What to say...
INSTEAD OF  **DON'T BE RUDE!**

Try our 3C Method!

- 1 Connect to your feelings**
Take a deep breath. Focus on a long exhale.
BREATHE
- 2 Connect to your perspective**
"I'm taking a deep breath."
"I wonder if there is another way to handle this."
"You must be really frustrated."
"I want to hear about your feelings."
- 3 Collaborate on a solution**
"I notice sometimes I get frustrated or angry. I wonder if there is another way to handle this next time you feel this way. What do you think would be a better solution? Let's figure it out together."

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**PARENTING REWIND:
DON'T BE RUDE!**


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What to say...
INSTEAD OF 

Try our 3C Method!

- 1 Connect to your feelings**
Take a deep breath. Focus on a long exhale.
BREATHE
- 2 Connect to your perspective**
"Grades may reflect where you are as a person. Grades are not a reflection of your learning story. I'd love to sit down with you to talk about what you think grades mean to you."
"I love you. Let's come up with a plan together."
"I would love to sit down with you to talk about what you think grades mean to you."
"We can make a plan with you to help you succeed."
- 3 Collaborate on a solution**
"Your grades do not define you as a person. Grades are just a reflection of your learning story. I'd love to sit down with you to talk about what you think grades mean to you."
"I love you. Let's come up with a plan together."
"I would love to sit down with you to talk about what you think grades mean to you."
"We can make a plan with you to help you succeed."

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**PARENTING REWIND:
BAD GRADE**


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