



# PARENTING REWIND: DON'T WORRY!

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!

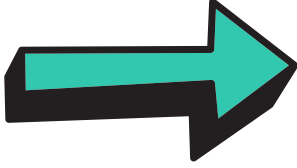
Below, you'll find common scenarios between parents/guardians and kids along with our 3C co-regulation process for approaching these challenging situations with love and connection.

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!**

**DON'T WORRY!**



## 1 Connect to yourself first

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"My child is struggling."  
"They need guidance."  
"I can handle this."

**MANTRAS**

## 2 Connect to your kids in the moment

"Something about this really worries you. I believe you."

"I understand this can feel overwhelming. This feeling will pass."

"I'm here to listen and help you through this."

"We're a team. Remember, I'm on your side."

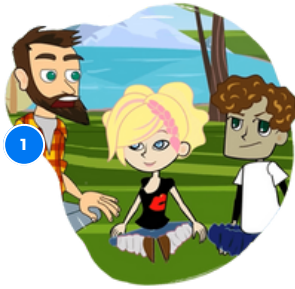
## 3 Collaborate outside the moment

"Have you ever tried to talk to your worry? I know it sounds a little out there, but worry has a lot to say. Sometimes, the messages that worry send us are helpful, like when we need to be cautious. Sometimes, the messages are not so helpful, and we can talk to our worry in those moments. We can even start by naming it. Try it with me."

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