

# PARENTING REWIND: THE PARENT APOLOGY

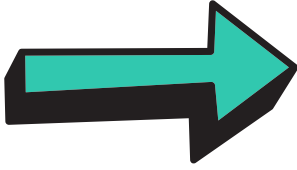
Parenting Rewind scripts give parents a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

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!**

**"TURN IT OFF!!!!"**



## **1** Connect to yourself first

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"I'm a good parent."  
"I'm human."  
"This isn't an emergency."

**MANTRAS**

## **2** Connect to your kids in the moment

"I'm sorry I yelled earlier. I let my frustration get the best of me, and that wasn't fair to you. We all make mistakes, and I made one today. I'm going to try to handle things better next time."

"I shouldn't have raised my voice. Even grown-ups make mistakes sometimes, and when they do, they should say sorry. I'm sorry."

"I'm sorry about earlier. Next time I feel like that, I'm going to walk away and calm down first."

## **3** Collaborate outside the moment

"You guys may have noticed that I have a few techniques to help me when I'm too frustrated to speak respectfully. I take deep breaths, I go for a walk, and I even wash my hands. I know that last one seems different, but the water calms me. I missed those steps today, but I'm working on it."

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