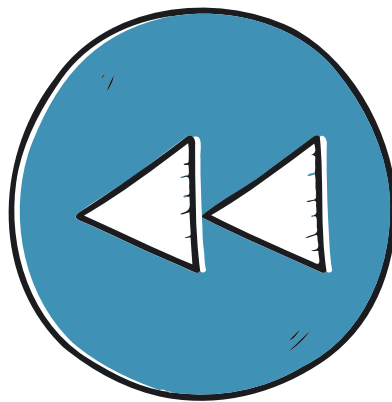




**PARENTING
REWIND:
DON'T
WORRY!**





PARENTING REWIND SCRIPTS

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!

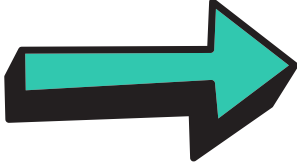
Below, you'll find common scenarios between parents/guardians and kids along with our 3C co-regulation process for approaching these challenging situations with love and connection.

You can print these scripts out and keep them in a binder or download them for easy, digital access on your phone!



What to say...

INSTEAD OF



Try our 3C Method!

**YOU'LL BE FINE!
DON'T WORRY!**



1 Connect to yourself

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

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

"It looks like you're feeling anxious. Can you tell more?"

"This is hard for you. I'm right here. You're safe. I love you."

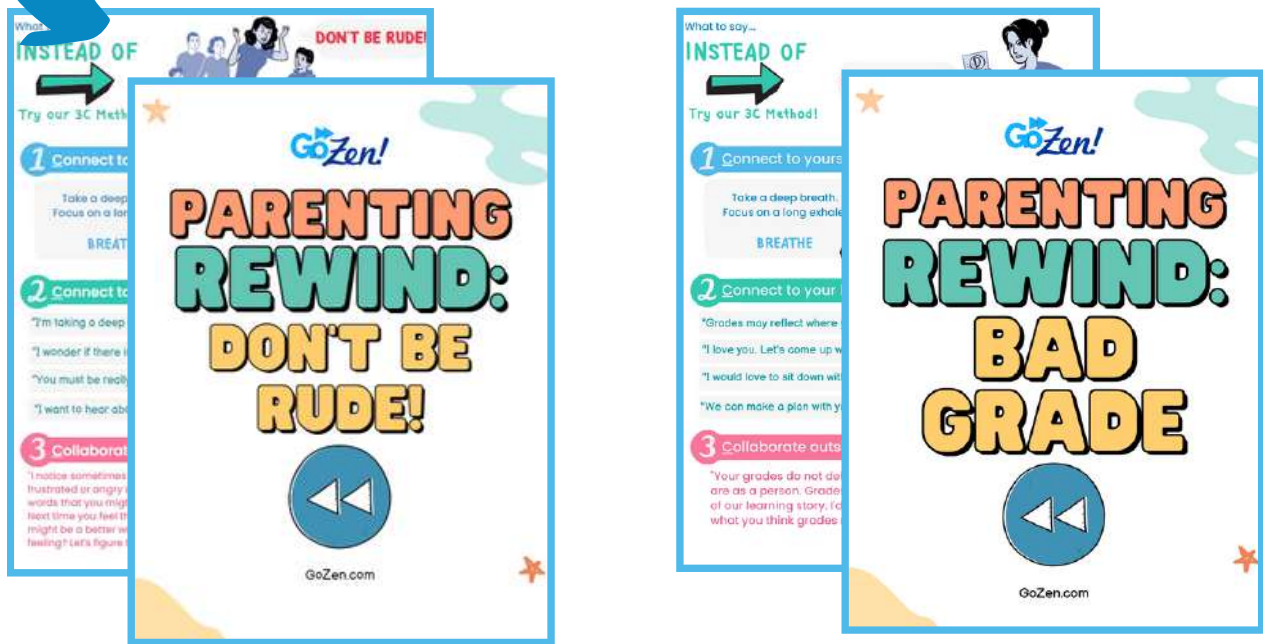
"When I get anxious I feel it in my belly. Where do you feel your worry?"

3 Collaborate outside the moment

"I can see that something about this really worries you. It's okay to feel anxious, even if you're not sure why. I'm on your side. When you're ready, let's come up with a plan together."



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.](#)



SHARING THE

While we kindly ask that you don't post these resources directly to your own website or portal, we're thrilled for you to share our page to get free parenting scripts: gozen.com/parentingprintables/