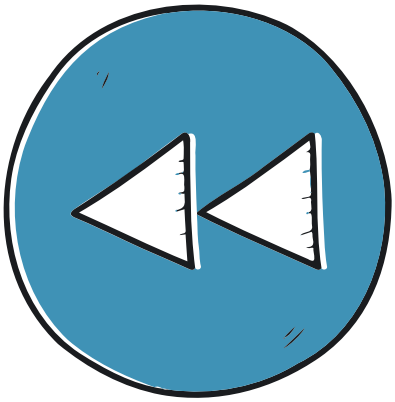
GoZen!

PARENTING REWIND HOMEWORK



REWIND: HOMEWORK

It's 30 minutes before bedtime and you walk into your child's room. You find the homework that they should have finished is still half-done. It's been over an hour since you reminded them to finish up, but instead they're watching TV. You ask your child several times why they've been wasting time and before you know it, you've lost it. You're not proud of your reaction, but you feel cornered. If you feel like this as a parent: you are not alone. It may be time for a Parenting Rewind.

Parenting Rewind is a series of videos, scripts, and journals to help shift from reactive to more mindful parenting. This is a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

Each Parenting Rewind Printable has 2 steps:

1 VIDEO: Click the icon below to watch the video:



Watch on Instagram



Watch on our blog

2 SCRIPT: This script is great for quick phrases to keep you connected to yourself and your kids. Print or save the script for easy access.

Member Bonus: JOURNAL. For annual members of GoZen!, you also get the Parenting Rewind journal where you'll work to uncover and release your triggers. Learn more about membership here.

What to say...

WHEN HOMEWORK IS LEFT UNFINISHED

Try our 3C Method!



1 Connect to yourself

Take a deep breath.
Focus on a long exhale.

BREATHE



"My child needs my help."
"I can do this."
"We're on the same team."

MANTRA

2 Connect to your kids

"First homework gets done, then we watch TV. Need help with that?"

"What's the next step you need to take on your homework?"

"I notice you have homework left to finish."

"It looks like something about this is difficult. Do you want some help?"

3 Collaborate outside the moment

"I noticed it's tempting to watch TV when it's homework time. I'm on your side and would love to work on some ideas to help you focus on homework first. Let's make a list."



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DE-CATASTROPHIZE

If you're triggered by your child struggling with homework, it often goes beyond what is happening in the moment. Uncover your fears about the future.

If my child struggles with homework right now, I fear in the future...



Write a different ending to this story:

Want to really break down your triggers around difficulty with homework? The extended version of this printable is 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/