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Premium
Parent Guide

— The —
Parent
Calm
Reset Kit



Gentle tools for
calmer evenings,
easier bedtimes, and
a more peaceful home.

*Calm
is our
superpower.*
♡



SIXSEVENDEALS

— P A R E N T T O O L S —

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Calm
is our
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Welcome to Your *Calm Reset*

This guide was created for parents who love deeply and carry a lot. Inside you will find gentle tools, calm scripts, and quick reset ideas designed to help you slow the evening rush and bring more peace into your home.

Use one page at a time. You do not need perfection—only one calm next step.

Take a breath. You are doing better than you think.

One calm next step is enough.

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How to Use *This Kit*



Keep this guide close for the moments when you need a calmer next step.

-  1. Start with one page.
-  2. Keep this guide on your phone or print your favourite pages.
-  3. Use the scripts as written, or adapt them to your family.
-  4. Return to the reset cards whenever emotions run high.
-  5. Small changes repeated gently create lasting calm.



Try tonight:
choose one idea and
use it for *five minutes* only.



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5-Minute *Reset* Method

— ❁ —

Use this simple sequence
when you feel your stress rising.

1

Pause your body.

Stop what you're doing and
plant your feet. Feel the moment.

2

Lower your voice.

Softening your tone helps
everyone's nervous system.

3

Breathe in for 4, out for 6.

Slow, steady breaths calm your
body and your mind.

4

Notice one feeling without judging it.

Naming it creates space
and brings clarity.

5

Choose one calm next step.

Small, intentional actions
create big shifts.

A calm parent does not mean
a perfect parent.

It means a parent who resets.





You
are doing
better than
you think.



Reset Card: *When You Feel Overwhelmed*



Pause. Put one hand
on your chest.



Say softly: 'I can handle
the next 60 seconds.'



Loosen your shoulders.
Unclench your jaw.



Then ask: What matters
most right now—connection,
safety, or speed?

*Choose
connection first*
WHENEVER POSSIBLE.

