

A Moment for You

A moment to breathe, reset, and refocus.

Parenting a child with ADHD can be overwhelming. This page is a gentle reminder to pause and take care of yourself, too.

60-SECOND RESET

- Inhale for 4 seconds
- Hold for 2 seconds
- Exhale for 6 seconds
- Repeat 3 times

GENTLE REMINDERS

- | |
|--|
| <input type="checkbox"/> I am doing my best |
| <input type="checkbox"/> Today doesn't define me |
| <input type="checkbox"/> Small steps still count |
| <input type="checkbox"/> I don't have to do everything today |

One thing I did well today:
