



Bonus:

Your Parenting Toolkit

Printable Tools to Support Your Ongoing Healing Journey

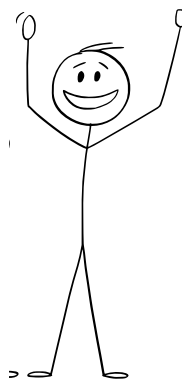
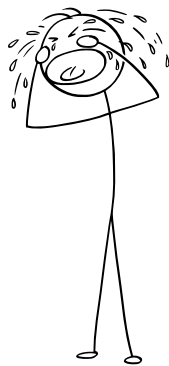
These aren't just free extras - they're integration tools. Use them to stay anchored in your healing work, track your growth, and reconnect when life pulls you away from yourself.



Printable Emotional Regulation Chart for Kids

Print this chart and hang it somewhere visible (like the fridge or your child's bedroom wall) to normalize emotion labeling and coping strategies daily.

Feeling	How It Might Look	Safe Strategy
Angry	Yelling, hitting	Stomp feet, hit a pillow
Sad	Crying, withdrawn	Hugs, snuggle under a blanket
Scared	Hiding, clinginess	Deep belly breaths together
Happy	Excited, giggly	High fives, dance it out
Overwhelmed	Shutting down, zoning out	Quiet time with sensory toys



Weekly Emotional Check-In

Use once a week (e.g. on Sunday evenings). This isn't just about parenting. It's about building a conscious, connected *family system*.

Question	Parent Answer	Child Answer
What felt good this week?		
What was hard or frustrating?		
Did anyone need a repair?		
What can we try differently?		
What are we proud of?		

Daily Reflection Prompts

Use these prompts to stay self-aware and rooted in your values.

1. When did I feel most connected to my child today?
2. What triggered me — and what did I need in that moment?
3. What pattern from my childhood showed up today?
4. How did I repair — or how can I repair tomorrow?
5. What am I proud of from today?

Even a 2-minute journaling ritual can shift your emotional clarity.



Affirmation Cards

Print, cut, and keep these by your bed, on your mirror, or in your journal. Read one every morning for a daily grounding reminder.

GROW FROM WITHIN

*I am not my parents.
I am my own.*



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GROW FROM WITHIN

*My healing is my
child's legacy*



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GROW FROM WITHIN

*Progress,
not perfection,
builds safe homes*



INNERKINDER
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GROW FROM WITHIN

*Even when I struggle,
my love is enough*



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Affirmation Cards

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GROW FROM WITHIN

Small moments of connection create lifelong security



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GROW FROM WITHIN

I can break the cycle without breaking myself



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GROW FROM WITHIN

Mistakes are opportunities for repair, not reasons for shame



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GROW FROM WITHIN

*The cycle ends now.
Love begins here.*



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Affirmation Cards

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GROW FROM WITHIN

*My resilience is
my strength*



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GROW FROM WITHIN

*I do not have to be
perfect to be loved or
valued*



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GROW FROM WITHIN

*My emotions are an
asset*



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GROW FROM WITHIN

*I release old patterns
and embrace new
ways of thinking*



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Affirmation Cards

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GROW FROM WITHIN

*Breaking the cycle is
not a destination
but a journey*



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GROW FROM WITHIN

*I deserve a safe
and loving home
environment*



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GROW FROM WITHIN

*I am capable of
responding instead
of reacting*



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GROW FROM WITHIN

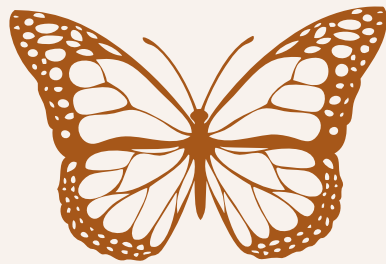
*I deserve to create
and leave a legacy of
love and healing*



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GROW FROM WITHIN