

2025 - COURSE

"By Day 7 you'll know exactly where to step back so your child zips, pours & problem-solves solo."

THE MIRROR CHECK WEEK

Your 7-Day Reality Check for Raising
Capable Kids

Follow "Honest About Parenting" Content here:



HONEST ABOUT PARENTING

PARENT COACH



SWAY CLARKE

Parent Whisperer

Founder of Honest About Parenting. Canadian dad raising Zero and Montego in Berlin—without family nearby. Heavy!

I discovered I was "reactively parenting"—doing the opposite of my strict parents—which wasn't much better. This led to my mission: creating resources that acknowledge the WHOLE parent, not just techniques for children.

Because when we heal ourselves, we transform our parenting.

HONEST ABOUT PARENTING

WHAT YOU'LL DISCOVER THIS WEEK

- Exactly which of your "helpful" habits are secretly holding your child back.
- Proof your child can do way more than you think.
- The surprising calm that comes from doing absolutely nothing.
- Your personalised "step back" plan for week 2 and beyond.

*"Day 3 and my four-year-old brushed teeth solo - no drama!"
- Mia K, Berlin*

HONEST ABOUT PARENTING

WHY THIS MATTERS

Every time you zip their jacket, open their snack, or solve their problem, you send a message: "You can't do this without me."

The Mirror Check Week reveals exactly where you're accidentally teaching helplessness instead of capability.

No judgment, no guilt - just clear data and tiny experiments that will change how you see your child forever.



HONEST ABOUT PARENTING

IMPORTANT NOTE ON TIMING

This is a 7-day awareness builder, not a magic transformation.

Some changes happen immediately (pouring their own water), others take weeks or months (tying shoes).

Every child moves at their own pace. The goal isn't instant capability - it's to start the journey.

HONEST ABOUT PARENTING

WHAT'S INCLUDED?

- ✓ Complete 7-Day Guide with daily exercises
 - ✓ Interactive Fillable PDF Workbook
- ✓ The WAIT Method™ for difficult moments
 - ✓ Partner Communication Scripts
- ✓ Troubleshooting Guide for challenges
- ✓ Quick Reference Card for daily reminders
- ✓ My personal playground breakthrough story

💡 Money-back comfort: If you try the first 3 - days and feel it's not for you, just email within 7 days for a full refund.

A woman wearing a white long-sleeved shirt and a white cap stands on the left side of the frame, looking out over a body of water. A child in a white shirt and a white cap stands on the right side, also looking out over the water. The background is a bright sunset over the water, with a railing visible on the right. The text is overlaid on a white rectangular background in the center.

HONEST ABOUT PARENTING

HOW THIS WORKS.

1. Read each day's guide (5 minutes)
2. Complete the simple exercise with your child
3. Use the workbook pages to track your observations
4. Review the troubleshooting guide if challenges arise
5. Celebrate small wins - change happens gradually.

The workbook section (pages 10-17) has dedicated space for each day's reflections, observations, and action items. Use it daily - the insights you gain will transform your parenting.

YOUR 7-DAY PLAN



DAY 1&2

CATCH YOURSELF CARING (TOO MUCH)

Record 3 challenging moments. Not staged - real life when things get hectic. *Examples: Morning routine, mealtime, bedtime - whenever you feel most frazzled*

- *Watch for one thing only: What are you doing FOR them?*
- *Write down every single thing, no matter how small.*



DAY 3

THE HELPING AUDIT

Most kids CAN do these things when given the chance. Today you'll discover which chances your child hasn't had yet.

List everything you did for your child today that they could possibly do alone.

Common examples by age for inspiration (your child may vary):

- *Opening snacks or peeling fruit (2+)*
- *Walking up/down stairs alone (2+)*
- *Taking off their own shoes (2+)*
- *Pouring their own water (3+)*
- *Getting dressed (3+)*
- *Serving their own food from pots (4+)*

After reviewing YOUR full list, circle your top 3 "worst offenders" - things you do constantly without thinking.



DAY 4

THE FIRST STEP BACK

Pick ONE item from yesterday's list. The easiest one. Today, you don't do it. At all.

When they ask for help: "I know you can figure this out."

When they struggle: Watch. Breathe. Count to 20.

When they succeed: "You did that yourself!" (No over-praising)

Journal tonight: What happened? How did it feel?

HONEST ABOUT PARENTING



DAY 5


THE PLAYGROUND EXPERIMENT

Find 20 minutes. Playground, backyard, or living room. Your only job: Sit down. Stay there.

Rules:

- *Acknowledge them ("I see you!")*
- *Don't solve, suggest, or save*
- *No "be careful" warnings*
- *No play ideas or directions*

Notice: What do they do when you're not directing the show?



DAY 6

THE PATTERN CHECK

Review your week:

- *When was it hardest to step back?*
- *What stories did your brain tell? ("They'll get hurt," "I'm neglectful," "Good parents help")*
- *Which situations triggered your "rescue mode"?*

These are your biggest challenges - the exact spots where you can grow. Now you know what to work on.



DAY 7

REFLECTION & RESET

Part 1: Measure This Week

Look back at Days 1-3. What changed already?

- *Which "helping habits" did you drop?*
- *What did your child do independently?*
- *What surprised you most?*

Part 2: Set Next Week's Focus

Choose 3 NEW things your child currently needs help with. Write them down. These are your Week 2 experiments.

Based on this week, also choose:

- *One fear to challenge in yourself*
- *One bigger independence goal*

2025 - WORKBOOK

THE MIRROR CHECK WEEK

Workbook

Follow "Honest About Parenting" Content here:



DAY 3 CHECKLIST



TROUBLESHOOTING GUIDE:

#1

WHEN YOUR CHILD MELTS DOWN

Try the **WAIT** Method:

- **W**atch without rescuing (count to 30)
- **A**cknowledge: "This is really hard for you"
- **I**nvoke: "What could we try differently?"
- **T**ime limit: After 3 attempts or 10 minutes, help *minimally*

Remember: Tears aren't emergencies. Frustration builds capability.

#2

WHEN NOTHING CHANGES AFTER 3 DAYS

Check these first:

- Are you attempting during tired/hungry times?
- Is the task too big? (Break it smaller)
- Are you truly stepping back or still hovering?
- Have they ever seen it done? (Model once, then stop)

Just try something else! Not every skill is ready to emerge. If shoe-tying creates meltdowns, switch to jacket-zipping. Follow your child's readiness, not a rigid timeline.

#3

WHEN YOUR PARTNER UNDERMINES

Choose your approach based on your dynamic:

- *Script A (Collaborative): "I'm trying a 7-day experiment to see if I'm overhelping [child]. Want to try it with me?"*
- *Script B (Independent): "I'm testing something new with [child] this week. I'll handle morning routine differently - just giving you a heads up."*
- *Script C (Research-backed): "I read about kids developing more capability when we step back. Can I show you this quick article?"*
- *Script D (Gentle): "I noticed [child] gets frustrated when we jump in to help. I'm going to try waiting longer to see what happens."*
- *Script E (Direct): "I think we might be doing too much for [child]. This week I'm experimenting with letting them struggle more."*

#4

WHEN YOU FEEL LIKE A TERRIBLE PARENT

Every parent doing this feels neglectful at first. You're not terrible - you're breaking generations of hover-patterns. Remember:

- Good parents let kids struggle
- Independence requires practice
- Your discomfort is not their emergency
- This feeling means you're doing it RIGHT

#5

THE SAFETY REALITY CHECK

Real dangers requiring intervention:

- Traffic/parking lots
- Heights over 6 feet
- Water deeper than waist-high
- Tools they haven't been taught
- Aggressive animals

vs.

NOT emergencies:

- Frustration tears
- Minor falls (under 3 feet)
- Cold hands/wet clothes
- Small scrapes or bumps
- Conflicts with peers
- "I can't do it!" declarations

When unsure: Can this cause permanent injury or just temporary discomfort?

AN INCREDIBLE MOMENT:

THE PLAYGROUND BREAKTHROUGH

My son Montego has an incredibly capable older sister, Zero, who climbs everything. At 18 months, he desperately wanted to follow her to the top of the big kid playground, but he couldn't climb up. I told him the same thing every visit: "When you can climb up and down by yourself, you can play up there."

He cried. Other parents stared at me with judgment as I sat on the bench while my toddler wailed at the bottom of the structure. For weeks, he'd try, get a little higher, then need to come down.

Then one day, I heard from behind me: "Dada, look at me!" He had climbed - not the ladder, but the harder rope net - all the way to the top. The pride on his face was worth every judging look I'd endured.

He wasn't even two yet. But he OWNED that accomplishment in a way he never could have if I'd lifted him up.



A NOTE ON SAFETY & COMMON SENSE

This guide encourages independence within safe boundaries. You know your child best. Always use your judgment about what's appropriate for your individual child, your environment, and your comfort level. Start small, build slowly.

YOU NOW KNOW:

1. Exactly where you're overhelping
2. What your child can already do (surprise!)
3. Which fears drive your hovering
4. Your personal next step

Ready to understand WHY you parent this way and build your own unique approach? → Watch your inbox for what's next!



THANK YOU!

Thank you for trusting me with your parenting journey.

What you're about to discover might feel uncomfortable at first. Watching your child struggle when you could easily help them goes against every parenting instinct you have. I get it. I've been there.

But here's what I've learned: The discomfort you feel watching them figure things out is nothing compared to the joy on their face when they finally do it themselves.

This week isn't about becoming a perfect parent. It's about becoming aware of the small ways we accidentally steal our children's confidence. Once you see it, you can't unsee it - and that's when everything changes.

Your journey to raising a capable, confident child starts now.

Here's to doing less and watching them become more,

Sway Clarke
Founder, Honest About Parenting

👉 **NEED MORE HELP? REPLY TO EMAIL (ANYTIME!)**

honestaboutparenting@swayclarke.com

Watch "Honest About Parenting" Content here:  

QUICK REFERENCE

1

THE WAIT METHOD:

Watch without rescuing (count to 30)

Acknowledge: "This is hard for you"

Invite: "What could you try?"

Time limit: 3 attempts or 10 minutes

2

REAL DANGERS (INTERVENE):

Traffic/parking lots

Unknown animals

Heights over 6 feet

Unfamiliar tools

Deep water

3

NOT EMERGENCIES:

Frustration tears

Small scrapes

Minor falls

Peer conflicts

Cold hands

"I can't do it!"

4

MY TOP 3 "STOP DOING" ITEMS:

1. _____

2. _____

3. _____

5

MY WEEK 2 COMMITMENTS:

1. _____

2. _____

3. _____