

THE PARTNER MEMO™

Required reading. Two minutes. From someone who loves your kids as much as you do.

Here's the situation: she's doing a 28-day program to stop the yelling — and it works roughly twice as fast with backup. This page is your entire job. Three moves. That's it.

First, what's actually happening when she blows

When anger erupts, a chemical surge floods the body and burns out in roughly **90 seconds** — unless it gets fed. In that window she is not choosing calm words; her nervous system is in fight-or-flight over a spilled smoothie. She's training to surf that wave. Your role isn't to fix her, coach her, or referee. It's these three moves:

1 Take the baton — not notes

The second you see the surge (jaw set, voice tightening), say **"I've got them — take your minute"** and physically take over the kids. Do not observe from the sofa. Do not say "calm down" — to a flooded nervous system, "calm down" is petrol. Baton. Every time.

2 Never referee mid-wave, never review after — especially in front of the kids

Mid-surge feedback ("you're overreacting") escalates it. Post-match analysis in front of the children ("mummy lost it today, didn't she") undermines a repair she's already planning to make. If you have real feedback, save it for a calm, private moment — and open with something she got right.

3 Guard the tank

Her explosions are downstream of an empty battery: broken sleep, no food, zero minutes alone, and the invisible spreadsheet of appointments-forms-meals she runs in her head. Two standing orders: give her **one guaranteed slot a day that is actually hers** (even 20 minutes — guard it like a meeting), and **own one full shift** — mornings or bedtime, yours entirely. Owning, not "helping."

Never say

- "Calm down."
- "You're overreacting."
- "I had a long day too."
- "What's for dinner?" (mid-wave)

Say instead

- "I've got them — take your minute."
- "Go. I've got this."
- "What do you need right now?"
- "You handled that better than last week."

That's the whole memo. Three moves, 28 days — and you get the quieter house too.

The Calm Mom Reset System™ · The Partner Memo™ · Works equally well handed to husbands, wives, partners, and grandparents on childcare duty.