

PART OF THE CALM MOM RESET SYSTEM™

THE REPAIR SCRIPT™

Word-for-word scripts that turn your worst mom-moments into your closest ones.

For every mom who said the thing, saw their face fall, and thought: "I have no idea how to fix this." You're about to.

The yell is not the memory. The repair is the memory.

Here is the single most freeing fact in all of parenting research: your kids do not need a mom who never loses it. They need a mom who knows how to find her way back.

Developmental researchers who study mother-and-child interaction up close — most famously Ed Tronick and his colleagues — found something that should be printed on every changing table: even excellent, loving parents are out of sync with their children a huge portion of the time. Misattunement isn't the exception. It's the norm. What separates kids who thrive isn't parents who never rupture the connection...

It's parents who repair it — over and over, imperfectly, for years.

Every repaired blowup teaches your child three quiet, enormous lessons: **relationships can survive anger. Grown-ups take responsibility. Nothing they do makes your love conditional.** Kids don't learn that from calm days. They can *only* learn it from repaired storms. Which means the moment you're most ashamed of is also your biggest teaching opportunity — if you know what to say.

That's what this guide is. Not theory. **Scripts.** The exact words, for every age, for the moment after.

The 3 Rules of Repair

- 1. Calm first, repair second.** Never apologize mid-surge — it comes out as "I'm SORRY, okay?!" and makes things worse. Surf the wave (your SOS track), wait until your shoulders drop, then go in. Ten minutes late and calm beats instant and clenched.
- 2. Keep it short.** A repair is 15–30 seconds. Kids can't absorb a monologue, and long apologies drift into self-flagellation. Say it, mean it, move on.
- 3. Never make them your therapist.** The repair is for *them*, not for your guilt. If you find yourself explaining how hard your day was or how bad you feel about yourself, stop — that asks your child to comfort you, and that's a weight kids should never carry.

The 4-Step Repair

Every script that follows — toddler to teenager — is built on the same four beats. Learn these once and you'll never be lost after a blowup again, even off-script.

1 CALM — you, not them

The repair starts when your body is done, not when your guilt is loudest. Jaw unclenched, breathing normal. If you're still hot, you're not ready.

2 CONNECT — close the distance

Get low, sit beside them, or catch them in a quiet moment. Soft voice, open hands. For little ones, connection is physical before it's verbal.

3 OWN — no "but" allowed

Name what you did, plainly: "I yelled. That wasn't okay. I'm sorry." The word "**but**" deletes every word before it. "I'm sorry I yelled, but you weren't listening" is not a repair — it's a verdict.

4 PLAN — one sentence of tomorrow

Tell them what you're practicing: "Next time I'm going to take my big breath first." This turns you from a scary weather system into a human being working on something — and quietly teaches them how to apologize for the rest of their lives.

Calm. Connect. Own. Plan. That's the whole dance.

The Toddler Repair

What they can understand: almost none of your words — and every drop of your tone. At this age the repair is 90% body language: getting low, soft voice, gentle face. They don't need an explanation. They need to feel the storm is over and you are safe again.

THE SCRIPT — GET DOWN ON THEIR LEVEL, SOFT AND SLOW

"That was loud. Mama's voice got too big. I'm sorry, sweetheart. You're safe. I love you."

...then open your arms and offer — don't force — a hug: **"Hug?"**

If they...

Pull away or keep crying: don't chase the hug. Stay close and low: "I'm right here." Toddlers often need a minute before they can come back — them coming to *you* is the repair completing.

Go straight back to playing: that IS acceptance at this age. Join the play for two minutes. For toddlers, play is repair.

Skip this classic mistake

Don't ask a toddler "Do you forgive Mama?" or "Are we okay?" — they can't process it, and it puts your comfort in their tiny hands. Your calm presence closes the loop, not their words.

The Preschool Repair

What they can understand: simple cause and effect, big-feeling language, and — crucially — whose fault things are. Preschoolers are magical thinkers: if you yelled, part of them assumes they *made* it happen. Your one non-negotiable job at this age is to take the blame off their shoulders, out loud.

THE SCRIPT — EYE LEVEL, CALM VOICE

"Earlier, Mama yelled about the shoes. My angry feeling got too big and it came out too loud. That was not your fault. I'm sorry. Even when I'm angry — I always, always love you."

Then the plan, made playful: **"Next time I'm going to take my dragon breath first. Want to practice one with me?"** (Big inhale, slow smoke-blowing exhale. They will love this — and one day they'll remind you to do it. Let them.)

If they...

Say "you're a mean mommy": don't flinch, don't argue, don't collapse. "It felt mean when I yelled, huh. You're allowed to feel that. I'm still working on my big feelings." You just taught emotional honesty without surrendering your role.

Parrot it back later ("Mama yelled!") in front of grandma: own it lightly: "I did! And I said sorry, and I'm practicing my dragon breaths." Shame-free ownership in public is an advanced class most adults never took. You're teaching it at 4.

Skip this classic mistake

Don't buy the repair. "Sorry I shouted — want a biscuit?" teaches that love-repair comes with a transaction. The hug and the dragon breath are the currency. Keep sweets out of it.

The School-Age Repair

What they can understand: fairness, hypocrisy, and double standards — this is the age of "that's not FAIR!" They know you'd never let *them* scream like that. A repair at this age lands hardest when it's honest about exactly that, and when you give them space to answer back.

THE SCRIPT — SITTING BESIDE THEM, NOT OPPOSITE

"I yelled at you this morning, and that wasn't okay. If you spoke to someone like that, I'd ask you to make it right — so I'm making it right. You didn't deserve that. I'm sorry, and I'm genuinely working on staying calm when I'm frustrated."

Then the door-opener — and this is the part that builds the next ten years of your relationship: **"Is there anything you want to say to me about it?"** ...and then be quiet and listen, even if it stings.

If they...

Say "you ALWAYS yell": resist the urge to litigate the word "always." They're telling you how big it feels. "It feels like a lot, huh. That's fair. That's exactly why I'm working on it."

Shrug and say "it's fine": don't push for a bigger moment. "It's not totally fine with me — I want to do better. But thanks, bud." Plant the flag and let them go play.

Skip this classic mistake

Don't turn the repair into a lecture pivot: "I'm sorry I yelled... AND we need to talk about you ignoring me five times." That's a bait-and-switch, and they'll stop trusting your apologies by age eight. The behavior conversation is real — have it at a completely different time.

The Tween Repair

What they can understand: everything — including whether you actually mean it. Tweens have a hypocrisy radar that can spot a hollow apology through a closed door. What they want most (and will never, ever say) is to be spoken to with respect, like the almost-teenager they are. So the script gets shorter, straighter, and less performative.

THE SCRIPT — CASUAL SETTING, SHOULDER TO SHOULDER (KITCHEN, CAR), NOT A SUMMIT MEETING

"Hey. About earlier — I was out of line with how I spoke to you. My frustration was real, but the yelling was wrong, and you didn't deserve to be talked to like that. I'm sorry. I'm not going to pretend it didn't happen."

Optional, if the moment allows: **"I'm working on catching myself before I blow. You can call it if you see me heating up — deal?"** Handing them a tiny bit of power in your project is tween gold.

If they...

Eye-roll or give you one-word grunts: the repair still landed — tweens absorb apologies through apparent indifference. Close with: "You don't have to say anything back. I just needed you to hear it." Then leave. Exiting without demanding a response is the power move.

Use it as leverage later ("YOU yell, so why can't I?"): stay level: "You're right that I yelled, and I owned it and I'm working on it. That's exactly what I'm asking you to do. Same rules for both of us." Accountability as the family standard — not perfection.

Skip this classic mistake

Don't do the big sit-down. Summoning a tween for a formal Apology Meeting makes them squirm so hard they miss the content. Low stakes, sideways, on the move.

The Teen Repair

What they can understand: more than you're comfortable admitting. Teens keep score silently, and every unrepaired blowup goes in the ledger as evidence that talking to you isn't safe. The stakes of repair are highest here — and the delivery matters most. No forced moments. No demanding they engage. And yes: **text messages absolutely count.**

THE SCRIPT — SPOKEN VERSION, BRIEF AND LEVEL

"I owe you an apology for this morning. I yelled, and that's on me — not you. Whatever we were arguing about, you deserve better than being shouted at. I'm sorry, and I'm working on it."

THE SCRIPT — TEXT VERSION (DEPLOY WHEN THE DOOR IS CLOSED, LITERALLY OR OTHERWISE)

"Hey. I yelled earlier and that wasn't okay. That's on me, not you. I'm sorry. Working on it. Love you. (No need to reply.)"

That final "(no need to reply)" is doing enormous work — it makes the apology a gift instead of a demand.

If they...

Weaponize it ("whatever, you'll just do it again"): absorb the hit — it's a test, not a verdict. "Maybe. I hope not. I'm going to keep trying either way." Consistency over weeks is the only argument a teen believes.

Say nothing at all, for days: the repair is still working underground. Do not follow up asking "did you get my text?" or demand acknowledgment. You planted it. Let it grow.

Skip this classic mistake

Don't attach conditions or extract lessons: "I'm sorry — and I hope YOU learned something too." With teens especially, an apology with a hook in it is worse than no apology. Clean repairs only.

The 5 Repair Killers

Five phrases that feel like apologies on the way out of your mouth — and land as something else entirely. Every mom alive has used all five. Now you'll catch them.

1. The Sorry-But

"I'm sorry I yelled, **but** if you'd just listened the first time..." — "But" is an eraser. Everything before it vanishes; everything after it becomes the message: *this was your fault*.

Swap: own your half only, full stop. The listening conversation gets its own calm moment, hours later.

2. The Angry Apology

"I SAID I'm SORRY, okay?!" — an apology delivered mid-surge isn't a repair, it's a second explosion wearing a costume.

Swap: wait. Rule 1: calm first, repair second. Late and soft beats instant and sharp, every single time.

3. The Guilt-Dump

"I'm such a terrible mother, I don't know why I'm like this, you deserve so much better..." — this flips the roles: now your child is comforting *you*. It converts your guilt into their burden.

Swap: two sentences of ownership, one of plan. Your bigger feelings go to your partner, your friend, or your program — never to the kid you yelled at.

4. The Bribe

"Sorry about earlier... who wants ice cream?" — teaches that rupture ends with a purchase, not a reconnection. (And gets very expensive by the teen years.)

Swap: connection is the currency: the hug, the dragon breath, the shoulder-to-shoulder minute.

5. The Forced Absolution

"Say it's okay. Tell Mama it's okay." — demands your child hand you forgiveness on your schedule, which makes the apology about your relief.

Swap: "You don't have to say anything." Then trust the repair to work — it does.

If you blew it again an hour later

Repair again. Yes, really. There is no maximum.

Here's the trap your guilt will set: "I can't apologize AGAIN — it means nothing if I keep doing it." That's backwards. A repair after a repeat offense teaches the most important lesson of all: **accountability isn't a one-time performance, it's a practice.** Your child isn't keeping a tally of your blowups nearly as carefully as they're absorbing the pattern of what you do after.

And the science from Day 1 of your program still holds: every wave you surf — and every rupture you repair — is a rep. Reps compound. The mom you'll be in six months is being built in exactly these ugly, humbling, repeated moments.

The One-Line Repairs (pocket edition)

For when you have ten seconds and a full trolley. Any of these, said calm and low, counts:

- "That was too loud. I'm sorry. You're safe."
- "My frustration, my volume, my fault. Sorry, love."
- "Rewind — I want to say that again, kindly."
- "I'm having a hard moment. It's not you. Give me one minute and I'll come find you."

Imperfect and delivered beats perfect and skipped. Every time.

A gentle note, mom to mom: if the anger feels bigger than "mom rage" — if it comes with hopelessness, rage that frightens you, or thoughts that scare you — please talk to your doctor or a postpartum specialist. This guide is education, not treatment, and you deserve real, human support alongside it. · The Calm Mom Reset System™ · The Repair Script™