



WHM RESET ON-THE-GO

Mother's Grounding Page

3 Steps for a *Quick Reset*

1. Touch something solid wherever you are (grip on as tight as you need - there's no shame in hanging on)
2. Take a deep breath in for the count of 4. Hold it for 4 seconds, then breathe out for 4 seconds. Wait for a 4 count, then repeat 3 more times
3. Whisper to yourself: "I'm allowed to pause." Take your moment, it is okay.

Reminder *Gentle Thought to hold*

I handle challenges with grace, which shows my children how to be resilient. I'm a fantastic mother because I'm showing up for my children.

Think in your head *Quick Reflect*

1. What would I say to comfort my children right now if they felt this way? It's okay to comfort myself that way too.
2. Where have I shown love, without even realising it?



Help Mum have a good morning

I have to get ready for school so I need to do these things

Tick the box when you have done it

☐

Have breakfast

☐

Get dressed

☐

Brush my teeth

☐

Brush my hair

☐

Pack books and lunch box
in my bag

☐

Put on my shoes
and socks

☐

Be kind and don't fight

☐

Give mum a great
big hug!

Great job!

Thank you, from Mum

