



Before you begin...

A Quick Note from Me to You

Hi lovely,

You've just carved out a moment for yourself — and that is something worth celebrating.

I know the constant juggle of motherhood — the way your own needs can slide to the bottom of the list while you meet everyone else's. This Reset Byte is your pocket-sized moment of calm, created to remind you that you matter, too.

Inside, you'll find two simple tools:

- Your Mother's Cheat Sheet — a quick guide to help you reset your own energy.
- Your Child's Helper Guide — a gentle prompt to guide them through their own little reset.

They're here for you whenever you need them, in the middle of the chaos or at the end of a long day. Take a deep breath... and let's begin together.

♥ Mellissa

Founder, WholeHearted Magic





It's okay to not have all the answers

THE WISE & TENDER CHEAT SHEET

The ache of not knowing can feel like failure — sharp, personal, and heavy. But it's not. It's a tender invitation into growth, for you and your child. This reset meets you there, guiding you gently back to breath, body, and your quiet truth: wisdom doesn't always arrive with answers, and tenderness is strength.



Body Truths

- My feet are pressing gently into the floor.
- My breath is still here, even when my mind races.
- I don't need to have the answer to be steady.



Thought Reminders

- Not knowing isn't failure — it's honesty.
- My child needs presence more than perfection.
- I can admit uncertainty and still be a safe guide.



Emotional Anchors

- Tenderness is not weakness.
- Staying close is wisdom.
- Love holds space, even when I feel lost



Micro Actions *(just pick one)*

- Rest your palms on the table and feel its weight.
- Tap thumb to each fingertip quietly — anchor back in now.
- Say (even just in your mind): "I feel unsure, and I'm still okay."



SIGNS MUM NEEDS A FOG HELPER

CLUES YOU MIGHT NOTICE



Quieter or slower than usual when answering a question



Her face looks a little tight or worried



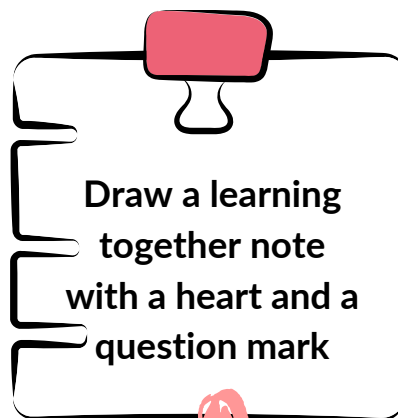
Sighs or takes a long breath

It's not because of you, it just means she's having a big moment in her head, and she's a little unsure about it. You can help by being gentle and patient.

1 QUESTION TO ASK

"Want to learn together, or just sit close for a bit?"

BEING A FOG HELPER



Tell her it's okay - we can figure it out together



Remind her, that you love her even if she doesn't have all the answers

