



Mindset Shift *for Parents*

Stay Calm, Centred and In Control

Every parent has triggering moments.

The difference between those who stay calm and those who snap isn't about being a "better" parent. It's about what you're thinking in that moment.

This guide is your first step toward taking back control.



TANYA LEIGH
COACHING



Welcome

Welcome to the Mindset Shift for Parents.

This is a quick reference guide for parents who want to get better at regulating their emotions when home life gets tricky.

The story you tell yourself about your child's behaviour, or your capacity as a parent, directly impacts your nervous system.

Your thoughts will either be triggering or calm and neutral. This determines whether you stay grounded or get swept away by frustration, shame or overwhelm. This guide is your first step toward taking back control.



Tanya Leigh

About Me

An ICF accredited coach, speaker and facilitator, I work as an Executive Leadership Coach for Ezra Ltd and run my own private practice. I have a background in holistic health, energy work and mindfulness.

I'm on a mission to help everyone understand what it is to be human. To shine a light on our personal power to create our own experience. Not just the lucky few who get access to a personal coach.

Tanya Leigh

This Is My Story

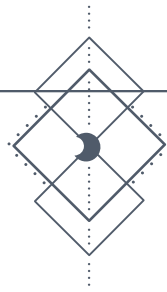
Born and raised in the UK, I spent most of my corporate career in London, peppered with numerous trips around the globe, satisfying my eternal wonder lust. Now, I am lucky enough to live in the beautiful islands of Aotearoa with my husband and 2 wonderful daughters.

In my teens and twenties I struggled with low self esteem, insecurity and paranoia. I felt powerless to control my inner critic, and unable to stop the unhelpful patterns of behaviour that were impacting my relationships and sense of self worth. So I embarked on a quest to understand what it is to be human. To find a way to manage my triggers, navigate my emotions and shift my mindset.

Now my passion is to share these pearls of wisdom in a way that everyone can access. The Mindset Shift was developed to offer a system that distils the decades of learning into a short course that anyone can access.

To show others how to banish their inner critic, shift their mindset and navigate their emotions. To empower people to create a sense of calm, presence and purpose in their own lives.

Being human is an art, with knowledge, practice and conscious choice, we can all create a masterpiece.



Introduction

The Purpose of This Guide

Being a parent is probably our greatest gift in life and yet it can present some of the most challenging and triggering situations.

Mindset Shift for Parents is the first step toward staying regulated and managing those challenges with ease and grace.

Inside you will find the most common triggering thoughts that keep parents stuck in reaction mode. The suggested reframes will help you shift to a neutral perspective that can help you stay calm and in control.

These reframes aren't about forced positivity or pretending everything is fine. They're about choosing thoughts that are true, grounding, and empowering.





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The Mindset Shift

A Masterclass

Reading reframes is helpful. But knowing what to think and actually being able to shift your thinking in the heat of the moment are two very different things.

The Mindset Shift Masterclass is a complete system that teaches you 2 powerful tools:

- *Static Flight Technique* - to help you to instantly regulate your emotions in the moment.
- *Mindset Shift System* - to help you reframe triggering thoughts, stay regulated and rewire your default behaviour patterns.

You Know The Moment When ...

Your child refuses to get in the car. Again. The clock is ticking. Your chest tightens. The frustration builds.

Before you know it, you've snapped, said something you regret, and reacted in a way that doesn't align with the parent you want to be.

Imagine This Instead ...

Your child refuses to get in the car. The clock is ticking. But this time, you notice the thought: "They're doing this on purpose to make me angry."

You recognize it. You pause.

You use the Static Flight Technique to regulate your nervous system in seconds. Your shoulders drop. Your breath steadies. Then you apply the Mindset Shift: "They're struggling with the transition. Their brain is still developing flexibility. This isn't about me."

You respond with calm clarity instead of frustration. The situation still isn't easy but you're no longer hijacked by it. You stay present. You model regulation. You remain the parent you want to be.

This is what becomes possible when you can regulate your nervous system and master your mindset.

Few people can invest in personal coaching. Yet we all need to learn how to become the master of our own ship. This is my way of making the benefits of coaching available to all.

The Mindset Shift Masterclass is a gift of emotional freedom and personal empowerment that anyone can invest in.



Masterclass Overview

When you choose what you allow yourself to think, you take back your power to feel okay - even in triggering situations. You can stay calm, confident, and in control of your emotions.

You get to be the neutral adult in the room, able to be of service to yourself and your children.

You Will Learn

1. The Static Flight Technique

A simple, science-backed tool that regulates your nervous system in seconds. You can stay calm, centred, and neutral even when your child is dysregulated, the morning is chaos, or you're at your limit. This technique is so subtle you can use it anywhere: in the school pickup line, during a tantrum, in the middle of a work meeting.

2. The Mindset Shift: A 3-Step System

Learn how to identify, challenge, and reframe the triggering thoughts that are unique to you. Not generic affirmations—your actual thoughts, in your real moments of struggle. This system empowers you to create your own reframes that feel authentic and work in the situations that matter most.

3. Neuroscience of Emotional Triggers

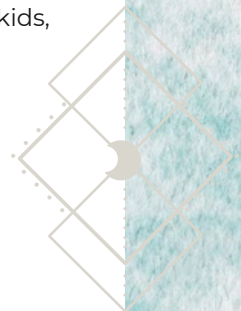
Understand what's happening in your brain when you get triggered, where these patterns come from, and how to build self-awareness and self-acceptance so you can break the cycle.

4. Practical Workbooks & Resources

Step-by-step worksheets guide you through identifying your triggers, defining your goals, and tracking your progress. Plus, you'll get a comprehensive PDF of reframe examples for parenting neurotypical children, ADHD kids, autistic kids, and managing imposter syndrome.



Get 70% Off with Code: REFRAME70



02

Mindset Shift for Parents

A Quick Reference Guide

In this guide you'll find common parenting triggers organized by theme.

For each trigger, you'll see:

1. The negative thought that keeps you activated
2. A reframe example that helps you regulate and respond

Think of this guide as your preview. It shows you what's possible when you learn to shift your thinking. But remember the real transformation happens when you master the tools to do this yourself, in your unique situations, with your unique triggers.



Control and Compliance

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around control and compliance. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

- 1. "They're doing this on purpose to make me angry"**

They do not want me to be angry. They need me to be calm. They're trying to cooperate in their own way, just not on my timeline, as their brain is still developing impulse control
- 2. "If they don't listen now, they'll be disrespectful forever"**

They are listening and they are learning, though processing and complying aren't always immediate. They will get there if I stay consistent, calm and neutral.
- 3. "They never do what I ask"**

They cooperate in many moments I take for granted, if not always in high-stress situations when both our nervous systems are activated.
- 4. "This is a battle I have to win"**

This is a relationship I'm building, and winning battles often means losing connection
- 5. "They're being manipulative"**

They are not trying to manipulate me. They're using the only strategies they currently have to meet a need that feels legitimate for them. They want to be seen and heard. I can validate their emotion and still hold the boundary without shame.



Time Pressure

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around time pressure. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

- 1. "They don't care that we're late"**

We may be late and it will be OK. They care about different things in this moment. Time is an abstract concept they're still learning to grasp. Getting frustrated will not help either of us.
- 2. "This shouldn't be so hard every single day"**

This is hard. Some days are better than others. It won't always be like this. Transitions are genuinely difficult for developing brains. They need me to be calm and hold the boundary.
- 3. "Why can't they just hurry up?"**

They are trying to hurry. They're moving at their natural pace, which feels slow when I'm anxious about the clock.
- 4. "We're going to be late because of them"**

We might be late and I can handle that. Frustration will not help. My urgency doesn't automatically transfer to their experience. Blaming them leaves me powerless.
- 5. "Every morning is a disaster"**

Mornings are challenging, and I'm remembering the chaotic ones more than the smooth ones. I can focus on what working. We will get there.

Repetition and Mental Load

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around repetition and mental load. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "I'm the only one who does anything around here"

I am not the only one. I'm supported in ways that aren't always visible or that I take for granted. Everyone's contribution looks different and I notice what's undone more than what's done.

2. "They'll never learn if I keep reminding them"

They will learn if I keep reminding them. They're learning through hundreds of repetitions, that's actually how neural pathways form. I can ask them what they need to do and how they will remember to do it. I can help them be accountable.

3. "No one appreciates what I do"

They do appreciate me. Appreciation might look different than I expect. They show it through trust, comfort-seeking, and assuming I'll be there. I can ask for more help if I need it.

4. "I have to do everything myself"

I do not have to do everything. I have a choice. I'm carrying a lot right now, and I can ask for help in specific, concrete ways rather than waiting for others to read my mind.

5. "They're old enough to remember this"

They didn't remember. That's a fact. Age doesn't equal automatic habit formation. Their brains are still wiring these pathways. I can support them to hold themselves accountable. I can ask them how they will remember next time. What will they do differently.



Sibling Conflict

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around sibling conflict. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "They hate each other"

They love each other while also learning how to navigate conflict. I'm noticing the conflict more than when they get along. Siblings are often our first teachers in relationship skills.

2. "I'm raising kids who can't get along"

I'm raising kids who can get along sometimes. They are learning to get along through messy practice. Conflict resolution is a skill that takes years to develop

3. "I can't stand the constant fighting"

I can stand it, I stand the conflict all the time. The fighting is hard for me to witness, and it's also them practicing negotiation, advocacy, and repair. I Don't need t take it personally.

4. "Other siblings get along better than mine"

I don't know that other siblings get along better. I'm comparing my inside reality to others' outside appearances, and I don't see what happens behind their closed doors

5. "I must be doing something wrong"

I am not doing anything wrong. Sibling conflict is statistically normal, and my job is to coach them through it, not prevent it entirely. It is not a reflection on my parenting.



Public Judgment

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around public judgment. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "Everyone thinks I'm a terrible parent"

I can't know that for certain. I'm doing well in situations that look chaotic from the outside. Other people's reactions reflect their own experiences, not my actual parenting.

2. "I should be able to control their behavior"

I can't control anyone's behaviour. I'm guiding them while they're dysregulated in public. Children are separate people learning to manage big feelings, not extensions of me.

3. "That person is staring at us"

That person might be staring, or remembering their own hard moments, or thinking something entirely unrelated to judgment.

4. "I look like I can't manage my own kids"

I look like a parent in a real moment, and managing doesn't mean controlling their every emotion.

5. "This is so embarrassing"

Embarrassment is a choice. My child's behavior is about them, not a reflection of my worth, even when my shame tells me otherwise.

Disrespect and Boundaries

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around disrespect and boundaries. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

- 1. "They have no respect for me"**

They respect me while also testing boundaries. That's developmentally normal and doesn't erase the respect that exists.
- 2. "I've failed to teach them basic manners"**

I'm teaching them manners, even in moments when their emotional brain has temporarily overridden the learning. Stress makes it hard to access what we know.
- 3. "That tone is unacceptable"**

That tone tells me they're dysregulated, I need to accept that and I can address the tone after I help them calm down.
- 4. "They wouldn't talk to their teacher that way"**

I'm their safe person to fall apart with, which is actually a sign of secure attachment, not disrespect.
- 5. "I need to shut this down immediately"**

I can hold the boundary without shaming them for having feelings about the boundary. Their emotions are valid and it does not have to mean anything about me.



Sleep Deprivation and Overstimulation

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around sleep deprivation and overstimulation. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "I can't handle this"

I am handling this while running on empty. My capacity is lower right now and that's a physiological reality, not a character flaw.

2. "I'm too sensitive, other parents cope better"

I'm sensitive, perhaps more than others, and nervous systems vary. Comparison ignores what's happening inside other homes. I can't know that others are better, we all have different strengths.

3. "I should be able to cope better"

I am coping. My capacity is genuinely reduced right now, this is biology, and I'm doing remarkably well given my depleted state.

4. "Everyone needs something from me"

I'm needed right now and that is OK. I can take micro-moments to regulate even when I can't escape. I am allowed to ask for time and patience.

5. "This noise is unbearable"

I am bearing it ... just!. My nervous system is overwhelmed by sensory input, which is valid, and I can communicate that need without shame or frustration.

Unmet Expectations

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around unmet expectations. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "Nothing ever goes the way I planned"

Things sometimes go the way I plan but today they are unfolding differently than I imagined. Rigid expectations often clash with the reality of raising humans and trigger frustration.

2. "They're so ungrateful"

They are grateful. They just don't or can't yet articulate it. The developmental capacity for expressing gratitude emerges gradually.

3. "Why can't we just have one nice meal together?"

We do have moments or glimmers of 'nice'. My image might not match what connection actually looks like with my specific kids.

4. "I give and give and get nothing back"

I get a lot back that I am not recognizing in this moment. I'm giving from a place of depletion, and children naturally receive more than they give, that's not ingratitude, that's childhood.

5. "This isn't what I signed up for"

Parenting rarely matches the fantasy, and grieving that gap is valid. I can choose to focus on the wonderful aspects as much as the negative ones. What do I need more of in my life?

Their Own Childhood Wounds

Suggested Reframes

This is a sample list of common triggering thoughts that parents might have around their own childhood wounds. It is not an exhaustive list. You will have specific thoughts that are unique to you. Each triggering thought has a suggested reframe that, if chosen instead, might help you feel calmer and more in control of your emotions.

If the suggested reframe does not resonate, try to adapt it or change it to a statement that feels AS TRUE, or MORE TRUE, than the triggering thought.

1. "I'm becoming my parents"

I'm breaking cycles, even as old patterns surface under stress, healing isn't linear and awareness itself is already different.

2. "I should be over this by now"

I'm healing while actively parenting, childhood wounds can resurface when we're in the parent role and that's an opportunity for continued growth.

3. "This feeling means I haven't done the work"

This feeling means I'm human, and triggers are information about what still needs tending, not proof of failure.

4. "I can't parent well until I'm fully healed"

I'm parenting and healing simultaneously, and my children benefit from seeing imperfect repair more than perfect performance.



03

NEXT STEPS

You've seen some examples of possible ways to shift your thinking when you feel triggered around the kids. I hope you have found them useful.

The intention of this guide is to show you that you have the power to choose what you think. When we consciously reach for thoughts that are neutral, helpful and grounded in fact, we have a chance to stay calm and in control. We get to choose how we behave rather than reacting impulsively.

When we challenge our assumptions we often find that they are not absolute truth. We begin to notice that there are many different assumptions that we could hold about the same situation.

What we need to do is to search for alternatives that could be AS TRUE and FEEL BETTER or more helpful. Ones that help us extend empathy and compassion to ourselves and others. Ones that help us stay neutral, calm and in control of our emotions.

Empower Yourself for Life

The reframes in this guide are a starting point to show you how different thoughts can create different emotional experiences.

Part of the challenge with emotional regulation is catching ourselves before we react. This takes self awareness, mindfulness and intention. Our triggers are preprogrammed, default patterns of thought and behaviour. They are unique to us as individuals. Emotional triggers are hard wired in childhood and some of our reactions can be really INTENSE and out of proportion. We feel hijacked by our own dysregulation.

The Mindset Shift Masterclass will teach how to stay regulated and able to choose thoughts that serve you and your family best. In just 30 minutes, you'll learn:

- The Static Flight Technique to regulate your nervous system instantly
- The 3-Step Mindset Shift System to reframe your unique triggering thoughts
- The neuroscience behind why you get triggered

This is your invitation to:

Stop feeling hijacked by your emotions and start feeling empowered.

Stop repeating patterns you hate and start becoming the parent you want to be.

Join The Mindset Shift Masterclass:



Empower yourself for life.

Love and Light,
Tanya Leigh x