

Quarter 4 Roadmap: Mastery & What's Next

The final ninety-five days, Months 10 through 12. Your child leads more, your family plans further ahead, and the year closes with a full, honest review.

Document 5 of 12

Read Start Here first if you haven't

Long-term, structured support delivered in small, consistent steps is what the strongest available guidance for autism and ADHD support actually recommends^{[4][11]}. Every day in this document gives you one small, clear step.

☀ HOW TO READ A DAY'S PAGE

1. **Today's idea, in plain words** — the concept explained simply.
2. **What to actually do today** — concrete, numbered, almost always under 15 minutes.
3. **An example from a real kind of family** — on many days, a short story from a Nigerian, African, or American household.
4. **A short question for before bed** — a moment to notice what actually happened.

● MONTH 10

Child-Led Routines

Child-Led Routines hands over one, then a second, fully-practiced routine to your child, with you stepping back further than at any earlier point this year.

Week 37, Week 38, Week 39, Week 40

Week 37: Choosing a Routine to Fully Hand Over

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Throughout this year you've faded your help gradually within routines. This month asks a bigger question: can your child run an ENTIRE routine, start to finish, initiating it themselves, with you simply nearby rather than guiding at all? This week chooses the routine most ready for that full handover.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[1] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 271. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand what a full handover really means



TODAY'S IDEA, IN PLAIN WORDS

A full handover doesn't mean your child does something perfectly alone — it means they START it themselves, without being told, and carry it through with only occasional, minor support.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of your most solid, well-practiced routine from across this whole year.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which routine feels closest to ready for a full handover?

Choose your routine for this month



TODAY'S IDEA, IN PLAIN WORDS

The best candidate is a routine that's been stable for months, not one still being actively built.



WHAT TO ACTUALLY DO TODAY

1. Choose one routine to fully hand over this month.
2. Write down exactly how much help you currently still give it.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular routine over your other options?

Remove your verbal reminder to start it



TODAY'S IDEA, IN PLAIN WORDS

The first layer of full handover is simply not reminding your child the routine is time to begin — waiting to see if they start on their own.



WHAT TO ACTUALLY DO TODAY

1. Today, don't remind your child to start the chosen routine.
2. Wait and watch what happens.

JINJA, UGANDA

A mother stops saying "time for your quiet space" and simply waits — her son notices the quiet cue of the room dimming and goes there himself after a minute.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did your child start the routine without a reminder, or did it need one?

If it didn't start, use the smallest possible cue



TODAY'S IDEA, IN PLAIN WORDS

If yesterday needed a full reminder, today try the smallest possible cue instead — a glance, a single word — rather than jumping back to full prompting.



WHAT TO ACTUALLY DO TODAY

1. If needed today, use the smallest cue you can (a glance, one word) rather than a full reminder.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did a smaller cue work as well as a full reminder?

Stay physically further away during the routine



TODAY'S IDEA, IN PLAIN WORDS

Physical distance is its own kind of fading — being in a different part of the room, or a different room entirely, tests real independence.



WHAT TO ACTUALLY DO TODAY

1. During today's routine, stay further away than you normally would.
2. Only step in if genuinely needed.



BEFORE BED TONIGHT, THINK ABOUT THIS

How far away could you stay while the routine still held together?

Notice which specific step still needs you



TODAY'S IDEA, IN PLAIN WORDS

A full handover rarely happens all at once — usually one specific step still needs support even once the rest runs independently.



WHAT TO ACTUALLY DO TODAY

1. Watch closely today for the one specific step that still needs your help.
2. Name it clearly, so you know exactly what to keep working on.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one specific step still requiring your help?

Practice just that one remaining step



TODAY'S IDEA, IN PLAIN WORDS

Focusing your fading effort on just the one remaining sticking point is more efficient than working on the whole routine equally.



WHAT TO ACTUALLY DO TODAY

1. Today, focus your support only on the specific step from yesterday.
2. Let every other step happen without your involvement.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did focusing only on the sticking point help it improve faster?

Reflect on the week's handover progress



TODAY'S IDEA, IN PLAIN WORDS

A routine that starts itself and runs almost entirely independently, even with one remaining sticking point, is genuine, real progress.



WHAT TO ACTUALLY DO TODAY

1. Write down how much of the routine now runs independently.
2. Decide whether next week continues this routine or starts generalizing it.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does it feel to watch this routine run mostly without you?

Week 38: Full Independent Practice

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This week continues practising the same routine at full independence, focusing especially on consistency across several days in a row rather than a single good day.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[11][19]} — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 279. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Run the routine with no prompting at all



TODAY'S IDEA, IN PLAIN WORDS

A single attempt at zero prompting is the real test of where independence currently stands.



WHAT TO ACTUALLY DO TODAY

1. Today, give absolutely no prompt or reminder for the routine.
2. Observe from a distance without intervening unless truly necessary.



BEFORE BED TONIGHT, THINK ABOUT THIS

How much of the routine ran with zero prompting today?

Repeat with no prompting a second day



TODAY'S IDEA, IN PLAIN WORDS

A second day at zero prompting shows whether yesterday was a fluke or a real, repeatable pattern.



WHAT TO ACTUALLY DO TODAY

1. Repeat yesterday's zero-prompt approach today.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was today as independent as yesterday, more, or less?

Notice what happens on a harder day



TODAY'S IDEA, IN PLAIN WORDS

Independence often looks different on a tired, distracted, or off-schedule day — noticing this without panicking is part of realistic expectations.



WHAT TO ACTUALLY DO TODAY

1. If today is a harder day for any reason, notice how the routine holds up.
2. Offer help if genuinely needed, without judging the day as a failure.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the routine hold up on a harder day, or need more support than usual?

Let another caregiver observe without helping



TODAY'S IDEA, IN PLAIN WORDS

Confirming independence with a different adult present (not helping, just present) checks whether the routine depends on your specific presence.



WHAT TO ACTUALLY DO TODAY

1. Have another caregiver observe the routine today without helping.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the routine change at all with a different adult simply present?

Consider a small routine variation



TODAY'S IDEA, IN PLAIN WORDS

A slightly different time of day, or a small change in the room, tests whether the independence is flexible or dependent on exact conditions.



WHAT TO ACTUALLY DO TODAY

1. Introduce one very small variation today (a different time, a slightly different starting spot).
2. Notice whether the routine still holds.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the small variation disrupt the routine, or did it adapt fine?

Return to the normal routine conditions



TODAY'S IDEA, IN PLAIN WORDS

After testing a variation, returning to normal conditions confirms the baseline independence is still solid.



WHAT TO ACTUALLY DO TODAY

1. Run the routine under its normal, usual conditions today.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did returning to normal conditions feel like a relief, or had the variation not been disruptive at all?

Write down the routine as a simple set of steps



TODAY'S IDEA, IN PLAIN WORDS

Documenting the routine's steps, exactly as it now runs, is useful preparation for Month 11's sustainability work, where someone else may need to follow it.



WHAT TO ACTUALLY DO TODAY

1. Write out the routine's steps exactly as it currently runs, start to finish.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was it harder or easier than expected to write the routine down clearly?

Reflect on the week's consistency



TODAY'S IDEA, IN PLAIN WORDS

A full week of largely independent practice, including a harder day and a small variation, is strong evidence of a genuinely mastered routine.



WHAT TO ACTUALLY DO TODAY

1. Write down your overall confidence in this routine's independence now.
2. Decide on a second routine to begin working on next week.



BEFORE BED TONIGHT, THINK ABOUT THIS

On a scale of 1 to 5, how confident are you this routine will hold up long-term?

Week 39: Generalizing the Independent Routine

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

An independent routine that only works in one exact setting is still fragile — this week carries it into a second setting or with a second caregiver, testing whether it's truly learned or just tied to one place.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[11] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 287. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Choose a second setting or caregiver for this routine



TODAY'S IDEA, IN PLAIN WORDS

The same routine, attempted somewhere new or with someone new, tests real generalization rather than a memorized sequence tied to one place.



WHAT TO ACTUALLY DO TODAY

1. Choose a second setting (a relative's house, school) or a second caregiver to try this routine with.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular new setting or person?

Prepare the new setting or person



TODAY'S IDEA, IN PLAIN WORDS

A brief preparation — showing the written steps from Day 285, explaining the routine in one sentence — sets up the new attempt for success.



WHAT TO ACTUALLY DO TODAY

1. Share your written routine steps with the new caregiver, or set up the new setting similarly to home.



BEFORE BED TONIGHT, THINK ABOUT THIS

What was needed to prepare the new setting or person?

Try the routine in the new context



TODAY'S IDEA, IN PLAIN WORDS

The first attempt in a new context often needs a little more support than the fully independent version at home — that's expected, not a setback.



WHAT TO ACTUALLY DO TODAY

1. Try the routine in the new setting or with the new caregiver today.
2. Offer more support than usual if needed, without concern.

KADUNA, NIGERIA

A mother shares her daughter's written wind-down routine with a visiting aunt, who follows the same three steps in the same order during a weekend stay.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the routine go in the new context compared to home?

Repeat in the new context



TODAY'S IDEA, IN PLAIN WORDS

A second attempt in the new context usually goes more smoothly than the first.



WHAT TO ACTUALLY DO TODAY

1. Repeat the routine in the same new context today.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the second attempt in the new context go more smoothly?

Compare the routine across both settings



TODAY'S IDEA, IN PLAIN WORDS

Naming the differences between the two settings tells you what specifically needs adjusting for true generalization.



WHAT TO ACTUALLY DO TODAY

1. Write down what's different about the routine across the two settings.
2. Note what seems to transfer easily and what doesn't.



BEFORE BED TONIGHT, THINK ABOUT THIS

What transferred easily, and what needed real adjustment?

Adjust the written routine steps if needed



TODAY'S IDEA, IN PLAIN WORDS

If the new setting revealed a needed change, updating your Day 285 document keeps it genuinely useful.



WHAT TO ACTUALLY DO TODAY

1. Update your written routine steps if the new context revealed a needed adjustment.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did you change, and why does it make the routine more robust?

Try a third context, if practical



TODAY'S IDEA, IN PLAIN WORDS

If a second setting went reasonably well, a third confirms the pattern is genuinely general rather than specific to two particular places.



WHAT TO ACTUALLY DO TODAY

1. If practical, try the routine in a third setting or with a third person today.
2. If not practical, review your progress across the two settings instead.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does the routine now feel genuinely portable, or still tied closely to specific settings?

Reflect on Month 10's independence work so far



TODAY'S IDEA, IN PLAIN WORDS

One routine, fully independent and now generalizing across settings, is a real, substantial achievement worth naming clearly.



WHAT TO ACTUALLY DO TODAY

1. Write down how far this one routine has come since Day 271.
2. Rest a little in that achievement before next week's review.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does it feel to see one routine go from needing full help to running almost entirely on its own, in more than one place?

Week 40: Month 10 Review

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This final week of Month 10 closes out child-led routines with a review, and considers whether a second routine is ready for the same full-handover treatment.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[11][19]} — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 295. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Choose whether to start a second full handover



TODAY'S IDEA, IN PLAIN WORDS

Handing over a second routine follows the exact same steps as this month's work — the process itself is now something you know how to do.



WHAT TO ACTUALLY DO TODAY

1. Decide whether to begin handing over a second routine now, or wait until you feel ready.
2. If starting, choose which routine.



BEFORE BED TONIGHT, THINK ABOUT THIS

Do you feel ready to start the same process with a second routine, or would you rather consolidate first?

If starting a second routine, remove the verbal reminder



TODAY'S IDEA, IN PLAIN WORDS

Follow the same Day 273 approach: simply stop reminding, and watch.



WHAT TO ACTUALLY DO TODAY

1. If you chose to start a second routine, remove your verbal reminder for it today, as in Week 37.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the very first day of handover feel this time, now that you've done it before?

Notice how much faster the process feels the second time



TODAY'S IDEA, IN PLAIN WORDS

Skills you've practiced as a parent — noticing sticking points, fading gradually — transfer to a new routine much faster than the first time you learned them.



WHAT TO ACTUALLY DO TODAY

1. Reflect today on whether this second handover feels faster or more confident than the first.



BEFORE BED TONIGHT, THINK ABOUT THIS

What specifically feels easier about doing this a second time?

Re-score your Three Lenses



TODAY'S IDEA, IN PLAIN WORDS

Ten months in, this score reflects nearly the whole year of work.



WHAT TO ACTUALLY DO TODAY

1. Score all Three Lenses again, 1 to 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has anything moved specifically because of this month's independence work?

Name what Month 10 actually achieved



TODAY'S IDEA, IN PLAIN WORDS

A fully independent, generalized routine is one of the most concrete, measurable achievements of the whole year — name it plainly.



WHAT TO ACTUALLY DO TODAY

1. Write one or two sentences on what genuinely changed in independence this month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest evidence that this month's independence work mattered?

Celebrate reaching Day 300



TODAY'S IDEA, IN PLAIN WORDS

Three hundred days of structured, evidence-informed effort is an extraordinary milestone, regardless of what any single day looked like.



WHAT TO ACTUALLY DO TODAY

1. Mark this milestone in some way meaningful to your family.
2. Take a moment to genuinely acknowledge how far you've come.



BEFORE BED TONIGHT, THINK ABOUT THIS

Three hundred days ago, would you have believed you'd reach this point?

Look ahead to Month 11



TODAY'S IDEA, IN PLAIN WORDS

Month 11 shifts focus to your family's sustainability – training backup support and protecting your own rest, so this whole system can survive a hard season.



WHAT TO ACTUALLY DO TODAY

1. Read the Month 11 introduction in your Start Here document.



BEFORE BED TONIGHT, THINK ABOUT THIS

Who in your life could realistically become a trained backup for your routines?

Rest



TODAY'S IDEA, IN PLAIN WORDS

A full day of genuine rest, with no new task, is itself part of sustaining a year-long effort.



WHAT TO ACTUALLY DO TODAY

1. Do not start any new task today.



BEFORE BED TONIGHT, THINK ABOUT THIS

What does genuine rest look like for you, specifically, right now?

● MONTH 11

Family Sustainability Planning

Family Sustainability Planning documents your routines, trains a real backup caregiver, and protects your own rest, so the whole system can survive a hard season.

[Week 41](#), [Week 42](#), [Week 43](#), [Week 44](#)

Week 41: Documenting Your Routines

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A support system that lives entirely in one parent's head is fragile — if that parent gets sick, travels, or simply needs a break, everything can collapse. This week writes your key routines down clearly enough that someone else could genuinely follow them. Reducing caregiver burden through practical planning and support is strongly linked to better outcomes for the whole family.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[23] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 303. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why documentation protects your whole family



TODAY'S IDEA, IN PLAIN WORDS

Writing a routine down isn't bureaucracy — it's what lets a tired parent hand something off without a long explanation, and what lets a backup caregiver step in with confidence.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. List your 3-4 most important daily routines.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which of your routines would be hardest for someone else to figure out without help?

Write out your morning routine in full



TODAY'S IDEA, IN PLAIN WORDS

Write it the way you'd explain it to a stranger — no assumed knowledge, every step included.



WHAT TO ACTUALLY DO TODAY

1. Write your full morning routine, step by step, as if for someone who has never seen it.



BEFORE BED TONIGHT, THINK ABOUT THIS

What step did you almost forget to include, because it feels so automatic to you?

Write out your wind-down/bedtime routine in full



TODAY'S IDEA, IN PLAIN WORDS

This is often the routine most worth documenting well, since a poor bedtime substitute can affect the whole next day.



WHAT TO ACTUALLY DO TODAY

1. Write your full wind-down and bedtime routine, step by step.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which step of this routine is most important to get exactly right?

Write out your mealtime approach



TODAY'S IDEA, IN PLAIN WORDS

Include accepted foods, any food-chaining work in progress, and any mealtime supports (visual cues, seating) a substitute carer would need to know.



WHAT TO ACTUALLY DO TODAY

1. Write a short summary of your child's current accepted foods and any mealtime supports in place.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would a new carer most need to know to avoid an accidental mealtime struggle?

Write out your calming space or regulation approach



TODAY'S IDEA, IN PLAIN WORDS

Include where it is, what's in it, and how your child typically shows they need it.



WHAT TO ACTUALLY DO TODAY

1. Write a short summary of your child's calming space and how your child signals needing it.



BEFORE BED TONIGHT, THINK ABOUT THIS

How would you describe, to someone who's never seen it, the earliest sign your child needs to calm down?

Gather everything into one simple family handbook



TODAY'S IDEA, IN PLAIN WORDS

A single document or folder, even a simple one, is far more useful in an emergency than scattered notes.



WHAT TO ACTUALLY DO TODAY

1. Collect all of this week's written routines into one place — a folder, a notebook, a single document.



BEFORE BED TONIGHT, THINK ABOUT THIS

Where will you keep this handbook so it's easy to find in a hurry?

Read through it as if you were a stranger



TODAY'S IDEA, IN PLAIN WORDS

Reading your own writing with fresh eyes often reveals a gap — a step you assumed was obvious but never actually wrote down.



WHAT TO ACTUALLY DO TODAY

1. Read through your full handbook as if you'd never seen any of it before.
2. Fix anything unclear.



BEFORE BED TONIGHT, THINK ABOUT THIS

What gap did you find when reading it with fresh eyes?

Reflect on the week's documentation work



TODAY'S IDEA, IN PLAIN WORDS

A written family handbook is genuine insurance against a hard season — worth the real effort it took this week.



WHAT TO ACTUALLY DO TODAY

1. Write down how it felt to put this much of your daily knowledge into writing.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did writing everything down change how you think about your own routines at all?

Week 42: Training a Backup Caregiver

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A handbook is only useful if a real person has actually practiced using it — this week identifies and trains one backup caregiver on your family's key routines.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[23] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 311. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Choose your backup caregiver



TODAY'S IDEA, IN PLAIN WORDS

This could be a spouse who's less involved day-to-day, a grandparent, a trusted relative, or a close family friend – someone realistically able to step in during a hard week.



WHAT TO ACTUALLY DO TODAY

1. Choose one person to train as a backup caregiver.
2. Ask them directly if they're willing to take this on.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular person as your backup?

Share the handbook with them



TODAY'S IDEA, IN PLAIN WORDS

Give them time to actually read it, not just a quick verbal summary in passing.



WHAT TO ACTUALLY DO TODAY

1. Share your Week 41 handbook with your chosen backup caregiver.
2. Give them a few days to read through it before practicing anything.



BEFORE BED TONIGHT, THINK ABOUT THIS

What was their initial reaction to seeing everything written down?

Walk through the morning routine together



TODAY'S IDEA, IN PLAIN WORDS

Watching them attempt it, with you present but not taking over, is far more useful than simply telling them what to do.



WHAT TO ACTUALLY DO TODAY

1. Have your backup caregiver lead the morning routine today, with you present but not intervening unless truly needed.

ENUGU, NIGERIA

A father lets his brother-in-law lead the morning routine for the first time, standing back and only stepping in once, when asked directly for help finding a specific shirt.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to watch someone else lead a routine you usually run yourself?

Walk through the wind-down routine together



TODAY'S IDEA, IN PLAIN WORDS

Repeat the same approach for the evening routine, since bedtime often has more emotional weight than morning.



WHAT TO ACTUALLY DO TODAY

1. Have your backup caregiver lead the wind-down routine today, with you present.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the evening routine feel harder or easier for them than the morning one?

Let them handle a full routine alone



TODAY'S IDEA, IN PLAIN WORDS

The real test of training is stepping out of the room, or the house, entirely for one routine.



WHAT TO ACTUALLY DO TODAY

1. Today, let your backup caregiver handle one full routine while you are not present at all, even briefly.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to genuinely step away during a routine?

Debrief with your backup caregiver



TODAY'S IDEA, IN PLAIN WORDS

Their honest feedback — what was confusing, what surprised them — improves your handbook for next time.



WHAT TO ACTUALLY DO TODAY

1. Ask your backup caregiver what was unclear or surprising about the routines.
2. Update your handbook based on their feedback.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did your backup caregiver notice that you'd never thought to mention?

Plan a longer trial period



TODAY'S IDEA, IN PLAIN WORDS

A single afternoon or evening away, with your backup caregiver fully in charge, is the next real test of this whole month's work.



WHAT TO ACTUALLY DO TODAY

1. Plan a specific afternoon or evening this month where your backup caregiver takes over fully, and you are genuinely away.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does it feel to plan real time away, knowing a trained backup is in place?

Reflect on the week's training progress



TODAY'S IDEA, IN PLAIN WORDS

A genuinely trained backup caregiver is one of the most protective things you can build for your family's long-term sustainability.



WHAT TO ACTUALLY DO TODAY

1. Write down how confident you feel in your backup caregiver now, compared to Day 311.



BEFORE BED TONIGHT, THINK ABOUT THIS

On a scale of 1 to 5, how confident are you leaving your child with this backup caregiver now?

Week 43: Protecting Your Own Rest

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A parent who never rests eventually has nothing left to give — this week treats your own rest as a genuine, non-negotiable part of the family's support system, not an afterthought. Caregiver wellbeing and the availability of real support are directly linked to better outcomes for the whole family, not just the parent.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[23] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 319. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why your rest is part of the system, not separate from it



TODAY'S IDEA, IN PLAIN WORDS

A car with no fuel doesn't run, no matter how well-built it is — your own rest is the fuel this whole year of work has been running on, whether you've been naming it or not.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think honestly about how much genuine rest you've had in the past month.



BEFORE BED TONIGHT, THINK ABOUT THIS

Honestly, how rested do you feel right now, on a scale of 1 to 5?

Use your trial period from last week



TODAY'S IDEA, IN PLAIN WORDS

If you planned a trial period with your backup caregiver, this week is the time to actually use it for real rest, not errands or catch-up work.



WHAT TO ACTUALLY DO TODAY

1. Use your planned trial period this week for genuine rest, not catching up on tasks.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did genuine rest, rather than "productive" time off, actually feel like?

Identify one small daily moment of rest



TODAY'S IDEA, IN PLAIN WORDS

Beyond a single trial period, a small daily moment of rest — even ten minutes — is more sustainable long-term than occasional large breaks alone.



WHAT TO ACTUALLY DO TODAY

1. Choose one small daily moment you can protect for yourself, even 10 minutes.
2. Try it today.

LILONGWE, MALAWI

A mother claims the ten minutes right after her children's shared activity time as her own, sitting quietly with tea before starting dinner prep.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did you manage to protect this small moment today, and how did it feel?

Tell your family about this daily moment



TODAY'S IDEA, IN PLAIN WORDS

A rest moment that's understood and respected by the rest of the household is far more sustainable than one you have to fight for every day.



WHAT TO ACTUALLY DO TODAY

1. Tell your family (partner, older children) about your daily rest moment.
2. Ask them to help protect it.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your family respond to hearing about this need?

Notice what gets in the way of rest



TODAY'S IDEA, IN PLAIN WORDS

Naming the specific obstacle — guilt, a specific task, a specific time of day — helps you actually address it rather than just trying harder.



WHAT TO ACTUALLY DO TODAY

1. Notice today what specifically gets in the way of your rest moment.
2. Write it down honestly.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the real obstacle to your rest — is it time, guilt, or something else?

Address one obstacle to rest



TODAY'S IDEA, IN PLAIN WORDS

Even a small adjustment — moving the rest moment to a different time, addressing one specific guilt-inducing thought — can make real rest more achievable.



WHAT TO ACTUALLY DO TODAY

1. Make one small adjustment today to address yesterday's obstacle.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the small adjustment help protect your rest moment today?

Consider a wider support network



TODAY'S IDEA, IN PLAIN WORDS

Beyond one backup caregiver, a wider network — a support group, other parents, community resources — can meaningfully ease the load over time.



WHAT TO ACTUALLY DO TODAY

1. Think of one wider support resource (a parent group, a community organization) you could look into.
2. Take one small step toward it, even just finding contact information.



BEFORE BED TONIGHT, THINK ABOUT THIS

What wider support have you been meaning to look into but haven't yet?

Reflect on the week's rest work



TODAY'S IDEA, IN PLAIN WORDS

Treating your own rest as a real, protected part of the system is possibly the single most sustainable thing you can do for your family's entire future, not just this year.



WHAT TO ACTUALLY DO TODAY

1. Write down how your sense of rest has changed this week, even slightly.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would it take to protect this rest moment for the rest of the year, not just this week?

Week 44: A Sick-Day and Emergency Plan, Month 11 Review

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This final week of Month 11 builds a specific plan for when the primary parent is sick or unavailable, then closes the month with a review.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[23][19]} — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 327. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why a sick-day plan matters specifically



TODAY'S IDEA, IN PLAIN WORDS

A hard day is exhausting emotionally — this plan covers a different problem: what happens practically when the parent who usually runs things physically cannot.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of the last time you were sick or unavailable — what happened to the routines?



BEFORE BED TONIGHT, THINK ABOUT THIS

What actually happened to your child's routines the last time you were unwell?

Write a simple sick-day version of your key routines



TODAY'S IDEA, IN PLAIN WORDS

A sick-day version is simpler than the full routine – the smallest version that still keeps your child regulated and fed, nothing more.



WHAT TO ACTUALLY DO TODAY

1. Write a simplified, sick-day version of your morning and evening routines.



BEFORE BED TONIGHT, THINK ABOUT THIS

What can safely be cut from the full routine on a sick day?

Share the sick-day plan with your backup caregiver



TODAY'S IDEA, IN PLAIN WORDS

Your trained backup caregiver from Week 42 is exactly who this plan is for – make sure they specifically have it.



WHAT TO ACTUALLY DO TODAY

1. Share your sick-day plan with your backup caregiver.
2. Make sure they know where to find it quickly.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does your backup caregiver feel prepared to use this plan if needed?

Prepare one practical emergency item



TODAY'S IDEA, IN PLAIN WORDS

A simple physical folder or bag with key information (allergies, emergency contacts, your written handbook) saves precious time in a genuine emergency.



WHAT TO ACTUALLY DO TODAY

1. Prepare or update a simple folder with key emergency information.
2. Keep it somewhere any caregiver could find quickly.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one piece of information that absolutely must be in this folder?

Re-score your Three Lenses



TODAY'S IDEA, IN PLAIN WORDS

Eleven months in, this score reflects nearly the complete year.



WHAT TO ACTUALLY DO TODAY

1. Score all Three Lenses again, 1 to 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has anything moved specifically because of this month's sustainability work?

Name what Month 11 actually achieved



TODAY'S IDEA, IN PLAIN WORDS

A documented, trained, rested, and prepared family system is a huge, if quiet, achievement — name it clearly.



WHAT TO ACTUALLY DO TODAY

1. Write one or two sentences on what genuinely changed in your family's sustainability this month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest evidence that your family is more resilient now than eleven months ago?

Complete your Quarter 4 progress check



TODAY'S IDEA, IN PLAIN WORDS

A brief mid-quarter check keeps Month 12's full annual review from feeling overwhelming when it arrives.



WHAT TO ACTUALLY DO TODAY

1. Open the Parent Workbook and jot a brief note on how Quarter 4 feels so far.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does Quarter 4 feel so far, compared to how you expected it to feel?

Look ahead to Month 12



TODAY'S IDEA, IN PLAIN WORDS

Month 12 is the final month of the entire year — a full annual review and a decision about what comes next.



WHAT TO ACTUALLY DO TODAY

1. Read the Month 12 introduction in your Start Here document.
2. Rest today.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does it feel to be entering the final month of a full year of this work?

● MONTH 12

Annual Review & Looking Ahead

Annual Review & Looking Ahead gathers a full year of evidence, scores the whole journey, and closes with a real decision about what comes next.

Week 45, Week 46, Week 47, Week 48

Week 45: Gathering a Full Year of Evidence

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Before drawing any conclusions about the whole year, this week is about gathering everything — all twelve monthly and quarterly reviews, every tracker — in one place, so the final review is based on real evidence, not just recent memory.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[19] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 335. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand why a full year deserves a full review



TODAY'S IDEA, IN PLAIN WORDS

Twelve months of real effort deserves more than a quick glance back — the same care you gave each month now applies to the whole year at once.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Gather your full Parent Workbook and all trackers from the year in one place.



BEFORE BED TONIGHT, THINK ABOUT THIS

How confident are you, from memory alone, about how the year as a whole has gone?

Re-read your Quarter 1 materials



TODAY'S IDEA, IN PLAIN WORDS

Reading your own words from a year ago is often startling — you may have forgotten how different things were at the very start.



WHAT TO ACTUALLY DO TODAY

1. Re-read your Month 1-3 reviews and Quarter 1 reset.
2. Note anything that surprises you about where you started.



BEFORE BED TONIGHT, THINK ABOUT THIS

What surprised you most about re-reading where you started the year?

Re-read your Quarter 2 materials



TODAY'S IDEA, IN PLAIN WORDS

Continuing the same reading exercise builds toward a complete, honest picture of the full year.



WHAT TO ACTUALLY DO TODAY

1. Re-read your Month 4-6 reviews and Quarter 2 reset.



BEFORE BED TONIGHT, THINK ABOUT THIS

What theme connects your Quarter 2 reviews together?

Re-read your Quarter 3 materials



TODAY'S IDEA, IN PLAIN WORDS

Quarter 3's community-focused work often shows some of the most visible outward change of the whole year.



WHAT TO ACTUALLY DO TODAY

1. Re-read your Month 7-9 reviews and Quarter 3 reset.



BEFORE BED TONIGHT, THINK ABOUT THIS

What theme connects your Quarter 3 reviews together?

Re-read your Quarter 4 materials so far



TODAY'S IDEA, IN PLAIN WORDS

Including this final quarter's own progress, even incomplete, keeps the review current and honest.



WHAT TO ACTUALLY DO TODAY

1. Re-read your Month 10-11 reviews and any Quarter 4 notes so far.



BEFORE BED TONIGHT, THINK ABOUT THIS

What theme connects this final quarter's work so far?

List your top 5 moments from the entire year



TODAY'S IDEA, IN PLAIN WORDS

Choosing just five, from a full year of small daily moments, forces genuine reflection on what actually mattered most.



WHAT TO ACTUALLY DO TODAY

1. From everything you've re-read, list your top 5 proudest moments of the entire year.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which of these five moments would you tell a friend about first?

List your 3 hardest moments from the entire year



TODAY'S IDEA, IN PLAIN WORDS

The hard moments are just as much a part of a real year as the proud ones — naming them honestly is part of a genuine review.



WHAT TO ACTUALLY DO TODAY

1. List your 3 hardest moments from the entire year.
2. Notice, without judgment, what you learned from each.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did you learn from your hardest moment this year that you couldn't have learned any other way?

Reflect on gathering the full year's evidence



TODAY'S IDEA, IN PLAIN WORDS

You now have, in one place, the raw material for the most important review of this entire program — next week's full annual review.



WHAT TO ACTUALLY DO TODAY

1. Organize everything gathered this week in one place for next week.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's your honest, gut-level sense of the whole year now that you've reviewed it all?

Week 46: Scoring the Full Year

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This week compares your Three Lenses scores across the entire year, month by month, to see the real shape of your family's progress — not just where you started and ended, but the actual path in between.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[19] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 343. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Gather all your Three Lenses scores



TODAY'S IDEA, IN PLAIN WORDS

Laying out every score together, lens by lens, reveals a shape no single comparison could show.



WHAT TO ACTUALLY DO TODAY

1. Collect your Three Lenses scores from every month you have them for this year.
2. Lay them out in one simple table, months across, lenses down.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does any lens show a clear, steady upward trend across the year?

Look at your Function-

Understanding lens's journey



TODAY'S IDEA, IN PLAIN WORDS

Understanding function is often the slowest-moving lens to feel like second nature — a full year's view usually shows more progress than any single month suggested.



WHAT TO ACTUALLY DO TODAY

1. Trace your Function-Understanding score across all twelve months.
2. Write one sentence about its overall journey.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does the full year's view of this lens change how you feel about its progress?

Look at your Self-Regulation lens's journey



TODAY'S IDEA, IN PLAIN WORDS

Self-regulation often shows the most dramatic full-year change, since small weekly gains compound significantly over twelve months.



WHAT TO ACTUALLY DO TODAY

1. Trace your Self-Regulation score across all twelve months.
2. Write one sentence about its overall journey.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does this lens's full-year journey compare to how it felt month to month?

Look at your Interest-Led-Teaching lens's journey



TODAY'S IDEA, IN PLAIN WORDS

This lens often moves in step with how well you've come to know your child's genuine interests — the two tend to deepen together.



WHAT TO ACTUALLY DO TODAY

1. Trace your Interest-Led-Teaching score across all twelve months.
2. Write one sentence about its overall journey.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did this lens move steadily, or in sudden jumps tied to specific moments?

Notice how your Three Lenses shaped each other



TODAY'S IDEA, IN PLAIN WORDS

The three lenses were never really separate — understanding a behavior's function often calmed your own reaction, and a calmer reaction often revealed a genuine interest you'd have missed otherwise.



WHAT TO ACTUALLY DO TODAY

1. Write one example from this year where two lenses clearly worked together in a single real moment.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which two lenses have felt the most connected for your family this year?

Identify your single biggest lens of growth



TODAY'S IDEA, IN PLAIN WORDS

Choosing one clear standout, from the full data, gives you something concrete and specific to celebrate.



WHAT TO ACTUALLY DO TODAY

1. From all Three Lenses, identify the single biggest lens of growth this year.
2. Write down the evidence for why you chose it.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the strongest piece of evidence for this being your biggest lens of growth?

Identify your lens needing the most continued work



TODAY'S IDEA, IN PLAIN WORDS

Naming this honestly, at the end of a full year, is exactly what makes next year's focus meaningful rather than arbitrary.



WHAT TO ACTUALLY DO TODAY

1. Identify the lens still needing the most work, honestly.
2. Write down what makes this lens specifically hard for your family.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has this lens been hard all year, or did it become harder at a specific point?

Reflect on the full year's scoring pattern



TODAY'S IDEA, IN PLAIN WORDS

A full year of honest scoring is itself a rare, valuable habit — many families never track progress this consistently.



WHAT TO ACTUALLY DO TODAY

1. Write a few sentences on what this year of scoring has taught you about your own family's pace of change.



BEFORE BED TONIGHT, THINK ABOUT THIS

What has a full year of honest scoring taught you that a single month never could?

Week 47: Deciding What Comes Next

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

With a full year of evidence gathered and scored, this week turns to decisions — what to keep exactly as it is, what to retire, and what Year 2 (if you choose one) should focus on.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[11][19]} — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 351. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

List everything from this year that's now permanent



TODAY'S IDEA, IN PLAIN WORDS

A routine or habit that's been running for months without you actively thinking about it has quietly become a permanent part of your family's life — worth naming clearly.



WHAT TO ACTUALLY DO TODAY

1. List everything from this year that now runs without active effort from you.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which item on this list would have seemed impossible on Day 1?

List what still needs active effort to maintain



TODAY'S IDEA, IN PLAIN WORDS

Distinguishing between "permanent" and "still needs active effort" is honest and useful — not everything needs to become automatic to be worth keeping.



WHAT TO ACTUALLY DO TODAY

1. List what's working but still needs your active, ongoing effort to maintain.



BEFORE BED TONIGHT, THINK ABOUT THIS

Is there anything on this list you'd like to eventually move to the "permanent" list?

Formally retire anything that never took hold



TODAY'S IDEA, IN PLAIN WORDS

After a full year, something that never became a real habit is unlikely to become one without a fundamentally different approach — retiring it consciously frees energy for what's actually working.



WHAT TO ACTUALLY DO TODAY

1. Identify anything from the year that never genuinely took hold.
2. Consciously decide to retire it, or to try a different approach to it in the future.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does it feel to consciously close the door on something after a full year of trying?

Consider whether Year 2 makes sense for your family



TODAY'S IDEA, IN PLAIN WORDS

Not every family needs or wants a formal Year 2 program — some will feel ready to continue independently, using everything learned, without needing a new structured plan.



WHAT TO ACTUALLY DO TODAY

1. Think honestly about whether your family wants or needs another structured year, or feels ready to continue independently.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does your family feel ready to continue independently, or would another structured year genuinely help?

If continuing, choose Year 2's first focus area



TODAY'S IDEA, IN PLAIN WORDS

If you're continuing, Year 2 doesn't need a full plan today — just one clear starting focus, the same way Day 3 only asked for one anchor area.



WHAT TO ACTUALLY DO TODAY

1. If continuing, choose one area to focus on first in Year 2.
2. Write it down somewhere you'll find it when ready to begin.



BEFORE BED TONIGHT, THINK ABOUT THIS

What makes this area feel like the right place to start a second year?

If not continuing formally, write your own maintenance plan



TODAY'S IDEA, IN PLAIN WORDS

Even without a formal program, a brief written plan for maintaining what's been built protects against everything quietly sliding backward.



WHAT TO ACTUALLY DO TODAY

1. If not continuing formally, write a brief plan for maintaining your "still needs active effort" list going forward.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would make you notice if something important started slipping, without a formal program checking in on it?

Share your decision with your family



TODAY'S IDEA, IN PLAIN WORDS

A decision about the year ahead, shared clearly with everyone involved — your spouse, your backup caregiver, older children — keeps everyone aligned going forward.



WHAT TO ACTUALLY DO TODAY

1. Share your decision about what comes next with the relevant people in your family.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your family respond to hearing the decision about what comes next?

Reflect on the week's decisions



TODAY'S IDEA, IN PLAIN WORDS

Deciding deliberately what comes next, rather than just drifting into it, is itself one of the biggest lessons this whole year has been teaching.



WHAT TO ACTUALLY DO TODAY

1. Write a few sentences on how it feels to have a clear decision about what comes next.



BEFORE BED TONIGHT, THINK ABOUT THIS

How does having a clear decision about the future feel, compared to how uncertain Day 1 felt?

Week 48: Your Full Annual Review and Celebration

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

The final week of the entire 365-day program. This week completes your full Annual Review in the Parent Workbook, and closes the year with real, deserved celebration.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[19] — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 359. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Begin your full Annual Review in the Parent Workbook



TODAY'S IDEA, IN PLAIN WORDS

This is the fullest, most complete reflection of the whole program – give it real, unhurried time.



WHAT TO ACTUALLY DO TODAY

1. Open the Parent Workbook to the Annual Review pages.
2. Begin answering the first section, using everything gathered these past two weeks.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the first thing you want to make sure gets written down in this review?

Continue your Annual Review



TODAY'S IDEA, IN PLAIN WORDS

There's no need to complete it all in one sitting — this review deserves to be spread across a few calm days.



WHAT TO ACTUALLY DO TODAY

1. Continue answering the Annual Review, picking up from where you left off.



BEFORE BED TONIGHT, THINK ABOUT THIS

What question in the review has taken the longest to answer honestly?

Complete your Annual Review



TODAY'S IDEA, IN PLAIN WORDS

Finishing this document properly closes the loop on the entire year of effort.



WHAT TO ACTUALLY DO TODAY

1. Finish answering every question in the Annual Review.



BEFORE BED TONIGHT, THINK ABOUT THIS

Reading back over your finished review, what stands out most?

Share the review with your family



TODAY'S IDEA, IN PLAIN WORDS

A year of effort belongs to the whole family, not just the parent who wrote it down — sharing it, even briefly, honours everyone's part in it.



WHAT TO ACTUALLY DO TODAY

1. Share your Annual Review, or the key highlights of it, with your family.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your family respond to hearing the year reflected back to them?

Thank everyone who helped this year



TODAY'S IDEA, IN PLAIN WORDS

Backup caregivers, extended family, teachers, and friends who helped along the way deserve a specific, genuine thank-you, not just a general one.



WHAT TO ACTUALLY DO TODAY

1. Thank at least 2-3 specific people who helped your family this year, naming what they did.



BEFORE BED TONIGHT, THINK ABOUT THIS

Who deserves the most specific, heartfelt thank-you from this whole year?

Plan how you'll mark the year's end



TODAY'S IDEA, IN PLAIN WORDS

However your family celebrates — a special meal, a quiet acknowledgment, a small outing — marking this ending matters as much as marking the beginning did.



WHAT TO ACTUALLY DO TODAY

1. Plan something, however small, to mark the end of this year of work.
2. Involve your child in the celebration if appropriate.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would feel like a genuine, meaningful way for your family to mark this ending?

Celebrate. You completed a full 365-day program.



TODAY'S IDEA, IN PLAIN WORDS

Three hundred and sixty-five days of structured, evidence-informed family support is an extraordinary achievement, whatever any single day along the way looked like. That is the only lesson today, and the only one that matters.



WHAT TO ACTUALLY DO TODAY

1. Celebrate, in whatever way you planned.
2. If you're continuing to a Year 2, know your starting focus is already written and waiting for you.
3. If not, know that everything you've built is genuinely yours to keep.



BEFORE BED TONIGHT, THINK ABOUT THIS

A year ago, on Day 1, would you have believed you'd reach this page?

Sources for this guide: [11] Steinbrenner et al. (2020) · [19] Self-Monitoring effectiveness study · [23] Respite Care and Caregiver Quality of Life Systematic Review and Meta-Analysis. Full list of references in the Start Here document.