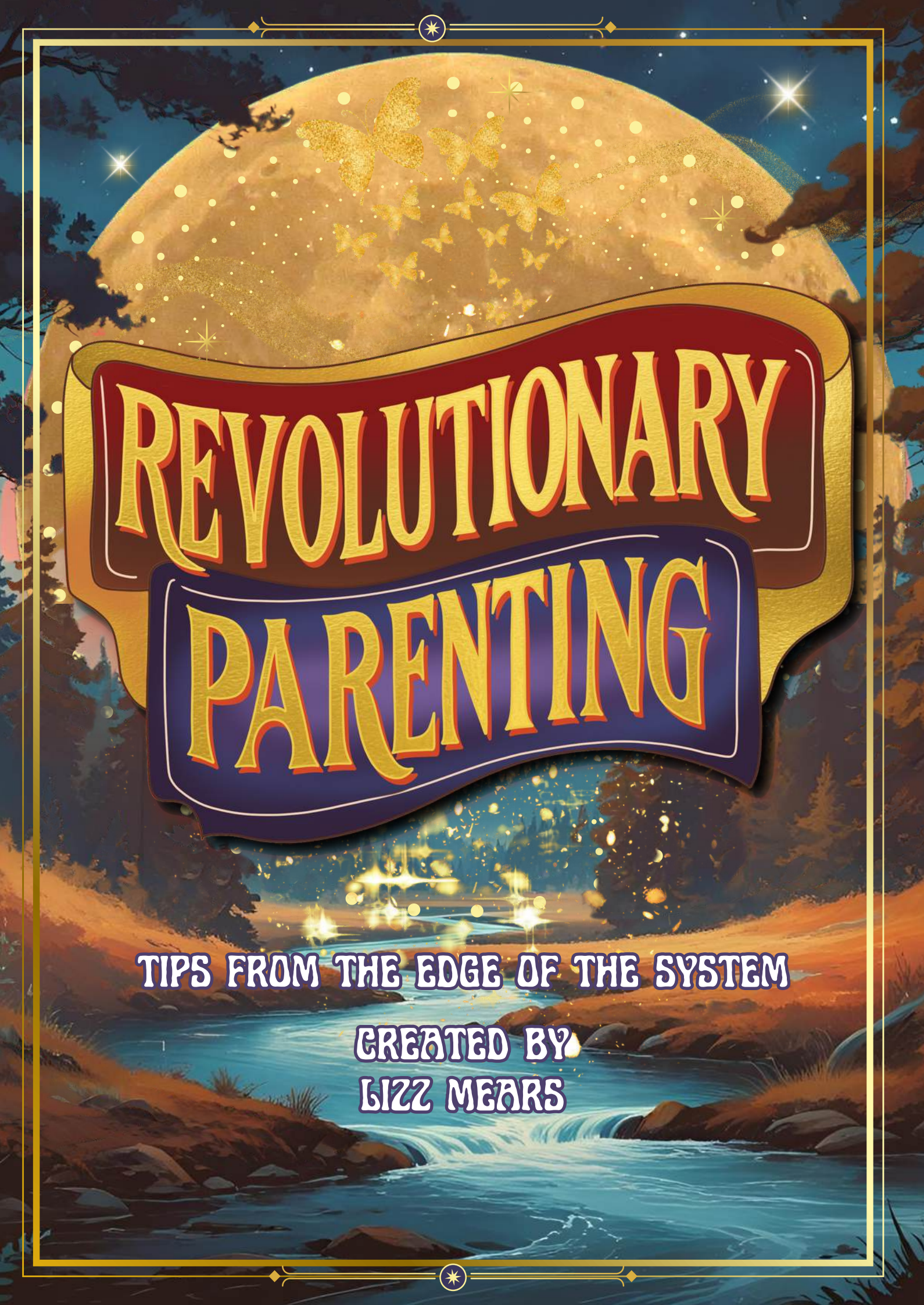




REVOLUTIONARY PARENTING

TIPS FROM THE EDGE OF THE SYSTEM

CREATED BY
LIZZ MEARS

REVOLUTIONARY PARENTING TIPS (FROM THE EDGE OF THE SYSTEM)

Real talk, radical tools, and lived-experience truths from a mum who's been through the fire — and came out swearing, wiser, and still standing.

This isn't a guide to "fix" your child.

This is a collection of what's actually helped me survive — and sometimes even thrive — while raising neurodivergent kids in a world that doesn't make space for them (or for us).

These tips are born from meltdown days, late-night sobs, endless forms, and years of being gaslit by systems that would rather tick boxes than see our children clearly.

They're not perfect.
But they're real.

They've helped me stay connected to my kids and to myself, even when it felt like everything was falling apart.
If you're standing in the storm — screaming for your child, crying in school car parks, fighting battles no one sees — these tips are for you.

You're not alone. You're not broken.
You're doing revolutionary parenting in a world that still expects quiet compliance.

This is your permission slip to do things differently.
To trust your gut.
To rest.
To rage.
To reclaim your power.
Because parenting at the edge of the system?
That's where the real change begins.

1. STOP PERFORMING FOR THE PROFESSIONALS

You don't have to dress up your child's struggles in polite, palatable language. Say the hard things. Name the harm. Speak your truth — even if your voice shakes. You're not here to make the system comfortable. You're here to make your child safe.

2. CHOOSE NERVOUS SYSTEM OVER CURRICULUM

If your child is in fight, flight, freeze or fawn — learning is not happening. Regulation comes first. Every time. Sometimes that means rest. Sometimes it means a walk, a scream, a video game, or doing absolutely nothing at all. Peace is progress too.

3. YOU DON'T NEED TO BE A PERFECT PARENT TO BE A POWERFUL ONE

You can lose your shit, cry in the kitchen, order chips again, and still be an incredible parent. Messy parenting is real parenting. Perfection is a lie the system sells to burn us out.

4. CONNECTION OVER COMPLIANCE

You are raising a human — not a behaviour chart. Sometimes the bravest thing you can do is stop forcing things that hurt. Ask: What does my child need right now — not to behave, but to feel safe? That's the heart of revolutionary parenting.

5. YOU'RE ALLOWED TO WANT A LIFE TOO

Your needs matter. Your joy matters. You're not selfish for wanting five bloody minutes to yourself, or a dream that's yours. Your wholeness is part of the revolution.

6. THE SYSTEM WAS NEVER MADE FOR US

They'll tell you you're overreacting. That you're imagining it. That if you or your child, just tried harder, things would be fine. But here's the truth: the education system is designed for compliance, not compassion. It rewards kids who mask well. It breaks kids who don't. And when we refuse to force our children into shapes that hurt them — we get labelled as the problem. If you feel like school is slowly bleeding your child dry, you're not crazy. You're awake. And you're not the only one.

7. WHAT NO ONE TELLS YOU ABOUT FIGHTING FOR SUPPORT

Fighting for EHCPs, diagnoses, accommodations... it's a full-time job.

You're expected to become a legal expert, a therapist, a teacher, and a crisis negotiator — all while being told you're "too emotional."

Here's what I've learned:

You don't have to be polite and 'likeable' to be taken seriously. Assertiveness is the winner.

You do have to document everything.

You're allowed to cry after meetings. (Or during. I've done both.)

You are the expert on your child. Even when professionals try to gaslight you.

And most of all?

You have the right to say: this isn't working. And my child deserves better.

8. WHAT ACTUALLY HELPS (THAT NO ONE TALKS ABOUT)

Community over conformity: Find your people — other parents walking this same rocky road. They will save you more than any handbook.

Nervous system first: Yours and your child's. A calm-ish parent in a dysregulated world is a revolution in itself.

Pick your battles, then torch the rest: You don't have to fight every hill. Prioritise. Rest. Repeat.

Your child doesn't need fixing. The system does.

You're not raising a problem. You're raising a person.

9. FOR THE DAYS YOU WANT TO GIVE UP

There will be days when it feels like nothing is changing.

When the school calls again.

When the paperwork is a mountain.

When the world seems to say: "You're too much, and not enough."

Those are the days this booklet is for.

You don't have to do it all.

You don't have to get it perfect.

You just have to keep showing up with love — messy, wild, tired love.

And that?

That's revolutionary.

✨ FINAL THOUGHTS:: YOU'RE NOT BROKEN — YOU'RE BREAKING CYCLES

If you've ever been made to feel like a "difficult parent," take it as a badge of honour.

Because it means you're showing up.

You're advocating.

You're doing the work generations before you were too scared or unsupported to do.

You are parenting at the edge of the system.

And that edge?

That's where revolutions begin.



RECLAIMING MYSELF

PROMPTS TO HELP YOU OFFLOAD

CREATED BY LIZZ MEARS

WELCOME BEAUTY TO THE RECLAIMING OF YOU!

I personally love using prompts to get my brain thinking clearly.

It's something I've been doing for decades—I'm getting old 😎

Feel free to print this out or simply use it for reference—there's no 'right' way to do it.

Short, powerful prompts to reconnect with the wild, worthy human underneath the parenting pressure.

This isn't about goals, gratitude lists, or pretending everything's fine.

This is about you — messy, magical, tired and trying. These pages are here to help you hear yourself again.



🔥 SECTION ONE: WHO TF AM I NOW?

When was the last time I felt fully like me? What was I doing?

What do I miss about who I used to be — before all this?

If no one needed anything from me today... what would I want?

What parts of myself have I had to mute just to get through?

What's something I've been told is "too much" — that's actually my superpower?

SECTION TWO: NERVOUS SYSTEM CHECK-IN

What is my body trying to tell me right now?

What sensations do I ignore most often?

What feels grounding, soothing, or regulating for me (even if it's weird)?

What have I been holding in lately?

Where does the pressure live in my body — and what would release it?

SECTION THREE: I'M ALLOWED TO WANT...

I want more of this in my day-to-day:

I'm craving this kind of support:

I'm ready to say no to:

If I could scream one thing into the sky, it would be:

I'm choosing to honour my needs by:



SECTION FOUR: RITUAL, REST + WILD RECLAMATION

What would rest look like if I didn't feel guilty about it?

What tiny ritual could help me feel like myself again?

Where in my life am I hiding my fire?

What version of me is ready to come home?

One wild, beautiful truth about me is:



**YOU DON'T NEED TO BECOME SOMEONE NEW.
YOU JUST NEED TO REMEMBER WHO YOU ALREADY ARE.
THIS IS YOUR RECLAMATION.
AND IT STARTS HERE.**



PARENTING

BY THE MOON

CREATED BY
LIZZ MEARS

A RHYTHM & ROUTINE GUIDE FOR NEURODIVERGENT FAMILIES

MOON PHASES & PARENTING CYCLES

You don't have to be a crystal-carrying, moon-howling, woo-woo witch (unless you want to be) to feel the moon's influence. Just look at the tides — vast, powerful oceans shifting direction because of that big ol' glowing orb in the sky. So is it really any wonder that we feel it too?

Especially as neurodivergent parents raising neurodivergent kids in a system that runs on pressure, performance, and punishment — it makes total sense to look elsewhere for rhythm, flow, and meaning.

This isn't about syncing your life perfectly with lunar phases like some Pinterest-perfect spiritual influencer.

This is about permission.

✨ Permission to slow down when everything says go faster.

🌑 Permission to rest, rage, release, or reconnect.

🌞 Permission to ride the waves of emotion and energy that come with parenting, burnout, and simply existing in a world that often asks too much.

This calendar is here to help you tune into the moon and, more importantly, tune into yourself — without pressure, without shame, and definitely without a glittery goddess costume (though if that's your vibe, absolutely go for it).

Use it as a loose guide, a gentle check-in, or a sacred rebellion against the grind.

There are no rules here — just rhythm.

MOON PHASES & PARENTING CYCLES

● New Moon – The Reset

Vibe: Quiet, inward, low energy

Parenting Prompt: “What do I want to call in?”

Wild Portal Tip: Lower your expectations, increase your naps. Great time to set tiny intentions (even just “drink water before I dehydrate”).

● Waxing Crescent – The Build-Up

Vibe: Hopeful, planning, gentle action

Parenting Prompt: “What small step feels doable this week?”

Wild Portal Tip: Use the upswing to try a new strategy or reintroduce a habit — but keep it low-pressure.

● First Quarter – The Push

Vibe: Active, problem-solving, maybe a bit edgy

Parenting Prompt: “What’s challenging me — and how can I meet it?”

Wild Portal Tip: Good time to advocate, email the school, have the hard convo. Breathe first.

● Waxing Gibbous – Refine & Adjust

Vibe: Tension meets progress

Parenting Prompt: “What needs tweaking, not scrapping?”

Wild Portal Tip: Adjust expectations without spiralling. Celebrate micro-wins. You're doing more than you think.

● Full Moon – The Big Feelings

Vibe: Emotional, illuminating, dramatic

Parenting Prompt: “What am I being shown? What needs releasing?”

Wild Portal Tip: Expect meltdowns (theirs and yours). Use music, movement, or swearing rituals to release it. Also: hide from everyone for an hour if needed.

● Waning Gibbous – The Debrief

Vibe: Reflective, revealing, softer

Parenting Prompt: “What have I learned?”

Wild Portal Tip: Journal, voice-note, or cry in the bath. This is where insight often lands.

● Last Quarter – The Let Go

Vibe: Acceptance, honesty, pruning

Parenting Prompt: “What can I stop doing?”

Wild Portal Tip: Ditch the schedule. Order takeaway. Say no more often. This is your boundary phase.

● Waning Crescent – The Rest

Vibe: Surrender, dream space, nothing-ness

Parenting Prompt: “What needs full rest or release?”

Wild Portal Tip: Take a tech break. Don't plan. Don't clean. Let the house be messy. Your nervous system comes first.



*Rituals
for
Burnt Out
Parents*

RITUALS FOR BURNT-OUT PARENTS

Realistic, witchy, and wildly doable 5-minute rituals to help you reclaim your calm.

These rituals aren't here to fix you — they're here to meet you. I created them because I needed something that wasn't overwhelming, wasn't a self-care cliché, and didn't require 90 minutes of peace and a Himalayan salt lamp. (Though if you've got one, no judgment.)

I use these rituals myself — in the middle of messy days, when school anxiety was through the roof, when the system feels like it's trying to crush us, or when I realise I've forgotten to eat, drink, or breathe properly again.

They're how I come back to myself.
They help me pause when everything screams "keep going."

They give me permission to stop performing and just be — exactly as I am.

So... light a candle, or don't.

Swear your way through it, or cry quietly in the bathroom.

Do it perfectly or do it feral.

These rituals will hold you.
Because you, my love, are sacred.
Even in survival mode.

In Solidarity,
Lizz xoxo

RITUALS FOR BURNT-OUT PARENTS

🕯️ 1. The “I’m Losing It” Reset Ritual

When it’s all too much and you’re one small noise away from meltdown...

- Sit, stand, or lie down — doesn’t matter.
- Place one hand on your chest, one on your belly.
- Breathe in through your nose for 4, out through your mouth for 6.
- Whisper (or yell):
- “I am not the chaos. I am the container.”
- Repeat for 2 minutes. Then shake your hands out like you're flinging spaghetti off them.
- Done.

🌿 2. Sacred Swearing Ritual

A spell for releasing rage (and not bottling it up for 17 years).

- Light a candle or flick on a lamp.
- Write a list of everything that’s pissing you off. Big or small. No filter.
- Read it out loud. Then pick a word and swear at it.
- (“OFSTED? F*** RIGHT OFF.”)
- Take a deep breath.
- Blow out the candle/light and imagine the rage releasing.
- Burn or rip the paper if that feels good.

🌕 3. Moon Bath Mini Ritual (no actual bath required)

A slow moment to check in with the energy of the moon (and your mood).

- Check what phase the moon is in today
- Ask: “Where am I in my own cycle?”
- Light a candle or open a window and take 5 breaths
- Say:
- “I honour the rhythm — mine and the moon’s.”
- Write one word in your journal or phone to describe what you need right now.

RITUALS FOR BURNT-OUT PARENTS

✨ 4. The Spoon Saver

A daily 3-minute practice to keep some energy for yourself.

- Sit in silence (or white noise!) for 2 minutes
- Ask yourself: “What’s one thing I can do today that protects my peace?”
- Say it out loud.
- That’s your priority.
- Optional: Set a phone reminder for later that says “Protect the peace.”

🧘 5. Nervous System Drop-In

For moments when you’re stuck in freeze or frantic mode.

- Place a heavy object (a book, a cushion, a blanket) on your chest or lap.
- Let your body feel its weight.
- Say:
- “I am safe to be still. I am allowed to pause.”
- Stay like that for 3–5 minutes or until your shoulders drop.



FINAL WORDS:

**NO RITUAL HAS TO BE PERFECT. YOU DON'T NEED CRYSTALS,
QUIET, OR A CLEAN KITCHEN. YOU JUST NEED A MOMENT —
ONE THAT BELONGS TO YOU.**

USE THESE WHENEVER YOU NEED TO COME BACK TO YOURSELF.



MELTDOWN & REGULATION TRACKER

MELTDOWN + REGULATION TRACKER



A tracker can be really helpful in identifying triggers for both our kids and ourselves. I've used them myself plenty of times over the years and have found it invaluable.

I hope you do too.

Lizz xoxo



Spot the patterns. Soothe the chaos. Show yourself some grace.

Neurodivergent parenting isn't about stopping the meltdowns of our children OR ourselves — it's about understanding them.

This tracker is here to help you notice what's actually happening — for your child, and for you — so you can respond, not react (or at least recover faster).

✍️ What This Is

A gentle, non-clinical, judgment-free way to:

- Track meltdowns, shutdowns, or dysregulation moments
- Identify possible triggers + sensory/environmental factors
- Notice what helps (and what doesn't)
- Spot patterns over time (without spreadsheets or guilt)
- Support your regulation, too

MELTDOWN + REGULATION TRACKER

Each day (or whenever it happens), fill in just what you need:

Who was dysregulated?

(Child / Me / Both / Whole Damn House)

Date & Time

What I think might have triggered it:

What happened?

Brief notes, not an essay (eg. 'anxiety around school' 'Threw toys/xbox controller' 'I cried in the car')

- ☐ Transitions
 - ☐ Noise
 - ☐ Unmet need
 - ☐ Sensory overload
 - ☐ School anxiety/EBSA
 - ☐ Unknown (and that's OK)
 - ☐ Me being dysregulated
 - ☐ Other: _____
-
- What helped (if anything)?
 - ☐ Cuddles
 - ☐ Space
 - ☐ Music/noise-cancelling headphones
 - ☐ Screens
 - ☐ Snacks
 - ☐ Deep breathing
 - ☐ Crying & Releasing
 - ☐ Other: _____
-
- What did I need in that moment?
 - ☐ A break
 - ☐ A hug
 - ☐ To scream into a cushion
 - ☐ To be seen/heard
 - ☐ I don't even know.

Notes for later me:

- e.g. "It passed. We survived. Don't panic next time."

WEEKLY REFLECTION SECTION

Use this once a week — or whenever your brain needs to regroup.

- What patterns am I noticing?
- What helped more than I thought it would?
- What can I do next week to support us both?



YOU'RE NOT FAILING. YOU'RE ADAPTING.

MELTDOWNS AREN'T THE ENEMY — DISCONNECTION IS.

THANK YOU FOR SHOWING UP. YOU'RE DOING BEAUTIFULLY.

