



THE CONFIDENT PARENT
COLLECTIVE

BECAUSE PARENTING DOESN'T COME WITH A MANUAL

The Calm Parent Code

Week 4 Resource: Proactive Parenting - Staying Ahead of the Storm

□ Proactive vs Reactive Parenting

Proactive parenting means anticipating challenges, creating structure, and leading with connection before behaviours escalate. Reactive parenting means responding in the moment without a plan, often in frustration or stress.

Proactive	Reactive
Anticipates triggers	Responds only after problem starts
Puts supports in place early	Tries to fix during meltdown
Protects connection	Risks damaging connection
Reduces stress over time	Keeps stress high



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□ **Breaking the Interactive Loop**

Punishment → Shame → Low self-worth → Anxiety → More challenging behaviours → More punishment. We break the loop by responding differently.

****Instead of punishment:****

- Use external structure (routines, visuals) - Provide co-regulation during stress - Focus on skill-building over discipline—separate behaviour from the child's worth



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□ **The Sturdy Captain Role**

The Sturdy Captain remains emotionally steady during storms:

Calm tone, minimal words - Open, relaxed body language - Clear and consistent boundaries - Leading with connection

□ **Sit on the Bench Parenting**

Step back from power struggles:

1. Pause before reacting
2. Observe the situation
3. Breathe and regulate yourself
4. Re-engage when calm with a plan



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□ Daily Anchors Planner

Daily anchors are short, predictable rituals that give children emotional safety.

Examples: - Morning start-of-day check-in - After-school snack & chat - Evening wind-down ritual

My Daily Anchor #1:

My Daily Anchor #2:

How I'll keep them consistent:

□ **This week's goal: Identify 2 predictable stress points and plan proactive supports for them.**