

E — Ecosystem

- *How does our home feel right now?*
- *What might my child be picking up from me?*
- *What small shift can I make?*

☐ I created one positive micro-moment

N — Neutral Referee

- *Am I reacting or holding the boundary?*
- *Can I stay calm and not take this personally?*

☐ I acknowledged the feeling

☐ I held the limit calmly

R — Repair

- *Did something feel off today?*
- *Have I taken responsibility for my part?*

☐ I offered a clear apology

☐ I reconnected

G — Guide Together

- *Does my child know the plan?*
- *Have I offered choice? / Have I assigned small, age-appropriate tasks to my child?*
- *Am I doing this alone?*

☐ We made a simple plan together

☐ I offered choices

☐ My child had a responsibility

☐ I connected with support

C — Calm Zone

- *Is anyone overwhelmed?*
- *Do we need a pause?*
- *Have I reset myself today?*

- ☐ We used a calm space
- ☐ I stayed present
- ☐ I took at least 5 minutes for myself

Daily Reflection

- ☐ What felt good today: _____
- ☐ What felt hard: _____
- ☐ One small shift for tomorrow: _____

One small shift is enough. Progress over perfection.



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parent, child, the world
The Journey.

