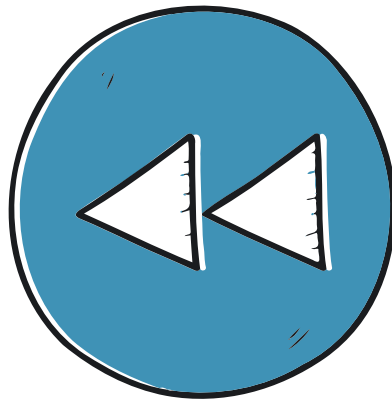




PARENTING REWIND: BAD GRADE





PARENTING REWIND SCRIPTS

Parenting Rewind scripts give parents a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

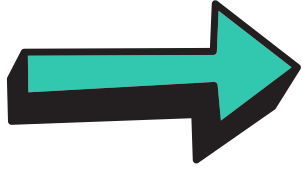
Below, you'll find common scenarios between parents/guardians and kids along with our 3C co-regulation process for approaching these challenging situations with love and connection.

You can print these scripts out and keep them in a binder or download them for easy, digital access on your phone!



What to say...

INSTEAD OF



WHAT IS THIS?!



Try our 3C Method!

1 Connect to yourself

Take a deep breath.
Focus on a long exhale.

BREATHE



"I have the skills to do this."
"My child needs my help."
"I can respond calmly."

MANTRAS

2 Connect to your kids

"Grades may reflect where you are in a subject, not who you are."

"I love you. Let's come up with a study strategy together."

"I would love to sit down with you and look over this. What do you think?"

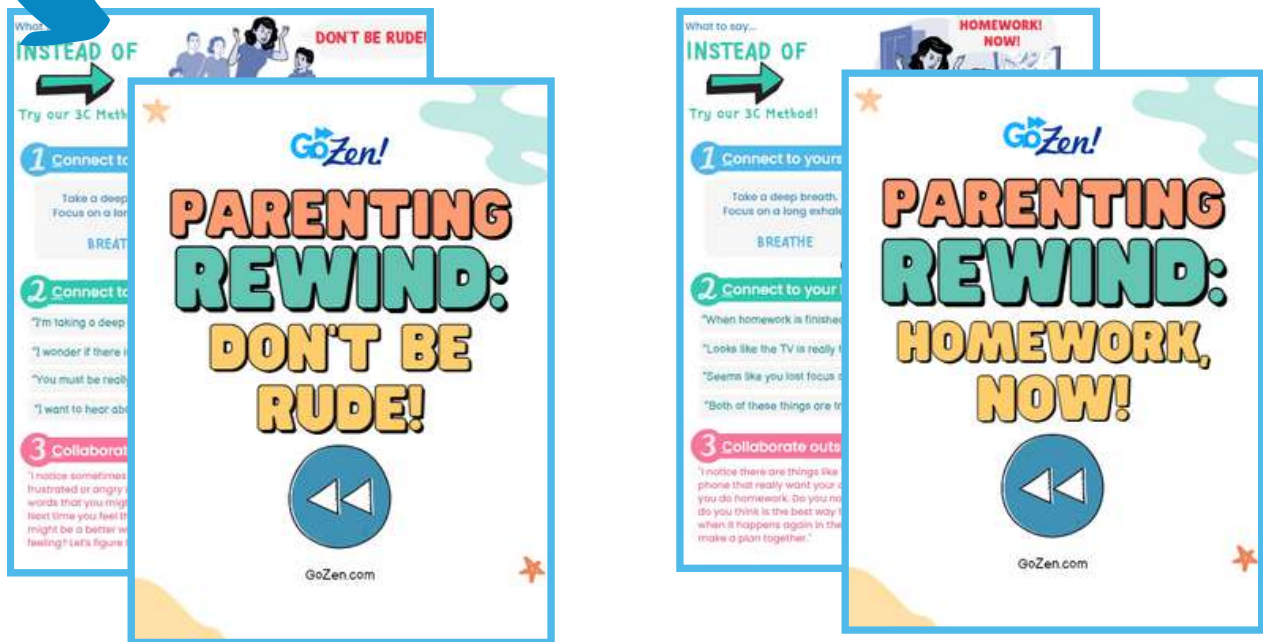
"We can make a plan with your teacher to help you in this area."

3 Collaborate outside the moment

"Your grades do not define who you are as a person. Grades are one part of our learning story. I'd love to know what you think grades mean."



Want to find more connected ways to approach challenging parenting scenarios? Find other scripts like this in our membership area! [Learn more here about becoming a member.](#)



SHARING THE

While we kindly ask that you don't post these resources directly to your own website or portal, we're thrilled for you to share our page to get free parenting scripts: gozen.com/parentingprintables/