

A one page reset for choosing one practical tool and testing it gently.

1

Name the challenge

Behavior, feelings, routines, development, or family organization.

2

Choose one tool

Pick a chart, checklist, planner, or script that matches today.

3

Make it smaller

Try one step for ten minutes instead of changing the whole day.

4

Notice what helped

Write down the time, the child's response, and one adjustment for next time.

My next small step

Today I will try:

It helped when:

Next time I will:

Practical tools support everyday parenting. They do not replace medical or developmental care.