

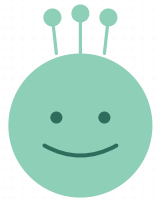
The hardest week of your parenting life. *We have been here.*

You do not need two hundred resources today. You need one clear month, a few small things to try, and someone to tell you that the next step is enough.

This guide is yours. Mark up the margins. Skip what does not fit. The pages that follow are general practical advice that is relevant across countries, schools and homes. You can adapt the guides to wherever you live.

Nine pages | ages 0 to 7

For informational purposes only. Always consult your child's therapist.



What you will find inside.

Seven short chapters. Each takes ten minutes to read and a week to practice. Read in order, or skip to whichever feels closest to your day.

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|----|--|--------|
| 01 | <i>A rhythm, not a schedule</i>
Anchors that hold a day together for any age. | 0 TO 7 |
| 02 | <i>Verbal, non-verbal, both</i>
Meeting your child wherever they are this morning. | 0 TO 7 |
| 03 | <i>Co-regulation before correction</i>
Holding big feelings without making them bigger. | 1 TO 7 |
| 04 | <i>Sensory play by age</i>
What to try at 0 to 1, 1 to 3, 3 to 5, 5 to 7. | 0 TO 7 |
| 05 | <i>Finding local support</i>
A framework for any country or city. | 0 TO 7 |
| 06 | <i>Moderating your own response</i>
Your regulation is part of the plan. | 0 TO 7 |
| 07 | <i>Building a circle</i>
Three calls, four columns, one notebook. | 1 TO 7 |

01 *A rhythm, not a schedule.*

Your child does not need a perfect timetable. They need a predictable shape to the day, anchors they can feel coming, and calming.

Three anchors are enough

Pick one morning, one midday, and one evening anchor. A song before breakfast. A walk after lunch. A bath at dusk. Repeat them in the same order, in the same place. The clock does not matter, but the order does.

Name what is next

Before each anchor, say out loud: *"First we eat, then we walk."* Use the same words every day. For pre-verbal children, pair each phrase with a small gesture or object they can see.

Build in a soft landing

After busy moments such as therapy, school or visitors, protect twenty quiet minutes. No questions, no new tasks. This is the most important block in your day.

THIS WEEK, TRY

- Choose one morning anchor we can keep this week.
- Choose one evening anchor we can keep this week.
- Decide where the soft landing happens, it could be a corner, a chair, or a mat.
- Tell other caregivers the order so it stays steady.

Notes and what worked

"The order matters more than the time."

02

Verbal, non-verbal, both.

Communication is not a switch. Most children move along a spectrum across a single day. Meet them where they are right now.

IF PRE-VERBAL

Narrate slowly and leave long pauses. Count to five silently after each sentence. Offer two choices held in two hands: "milk, or water?" Let them point, look, or touch. Honour any reach as a real answer.

IF SINGLE WORDS

Add one word, not five. "Ball." to "Red ball." to "Red ball rolls." This is called expansion, and it is the most studied way to grow language at home.

IF FULLY VERBAL

Practice repair. When you mishear, say "Tell me again, I want to get it right." This teaches that being understood is a back-and-forth, not a test they can fail.

For every stage

Get down to their eye level. Reduce background sound, turn off screens, close one door. Communication is fragile in noise; lower the volume of the room before raising your voice.

A small daily check

Once a day, watch for *any* attempt to share something with you, such as a glance, a sound, a tug. Name it back: "You showed me!" The signal matters more than the words.

THIS WEEK, TRY

- Try a five second pause after my next question.
- Offer two visible choices at one meal today.
- Add one word to something they say.
- Lower the volume of one room each evening.

Words and gestures we noticed

03

Co-regulation before correction.

A child cannot learn from a moment they cannot leave. Your calm is the doorway out, not the lesson, nor the rule.

Borrow your nervous system

Slow your breath first. Drop your shoulders. Lower your voice by half. Children read your body before your words. If you are racing, they will race.

Name it small

"That was loud. That was too much." Short sentences. No questions during a storm. Save the conversation for the quiet half hour after.

Offer the body something to do

Pressure (a tight hug, a heavy blanket), rhythm (rocking, walking), or water (a sip, a splash on the wrists) often works faster than words. Pick one and keep it the same, and it becomes a known exit.

Repair, do not rewind

When the storm passes, do not re-litigate it. Sit close. Offer water. Say "We are okay." Children learn safety from the after, not the during.

THIS WEEK, TRY

- Choose one body tool for hard moments, pressure, rhythm, or water.
- Practice one slow breath before reacting today.
- Plan a repair phrase I can say afterwards.
- Tell my partner or co-parent the plan so we match.

"Connection first. Correction later, or not at all."

Triggers I am beginning to notice

04

Sensory play by age.

Play is not a reward. It is the work of childhood. Choose materials that meet your child's sensory profile, and your tolerance for mess.

Ages 0 to 1

Skin to skin, mirror games, slow tempo songs, soft fabrics of different weights. One material at a time. Watch their face for the moment of *enough*.

Ages 1 to 3

Water in a low tray, dry rice or lentils in a deep bowl, large paper and one chunky crayon, walking on different ground (grass, tile, sand). Twenty minutes is plenty.

Ages 3 to 5

Dough you make together, simple cause and effect (ramps, funnels, cups), pretend cooking with real spoons, obstacle courses with cushions. Let them lead the rules.

Ages 5 to 7

Building with mixed materials, simple board games with clear endings, drawing what happened today, gardening one small pot. Predictable beginning, middle, and end.

THIS WEEK, TRY

- Choose one material we already own to use this week.
- Set a 20 minutes timer so play has an ending.
- Take one photo to remember what they liked.
- Notice the moment of *enough* and stop one step before it.

05 *Finding local support.*

Every country, city, and neighbourhood is different. This is a framework you can carry anywhere, adapt it to where you live.

Start with three calls, not thirty

Ask your paediatrician, one parent who has walked this road, and one local parent group. Three calls will surface more than three hours of searching alone.

Ask better questions

Not *"is this the best school?"* but *"how does this place handle a hard morning?"* Watch how staff speak to the quietest child in the room. That is your answer.

Keep one running list

Names, numbers, what they offered, your gut feeling. Memory will fail you in the first months, paper will not.

MAP FOUR KINDS OF HELP

Clinical

Therapists, paediatricians, specialists.

Educational

Early intervention, schools, tutors.

Community

Parent groups, faith spaces, libraries.

Practical

Childcare you trust, a neighbour, a meal.

THIS WEEK, TRY

- Make my list of three first calls.
- Identify one person in each of the four columns.
- Write down two questions to ask any new place.
- Start a single notebook for everything.

06

Moderating your own response.

You cannot pour calm from an empty cup. Your regulation is part of your child's plan, not a luxury, not a weakness.

The 90 seconds rule

A wave of feeling, biologically, lasts about ninety seconds. When something hard lands, set a quiet timer. Breathe. Walk to a window. Most decisions made inside that window will be ones you regret.

Pick a smaller standard

For this season, "*we are fed and we are kind*" is enough. Laundry can be late. Email can be unread. The standard for hard seasons is not the standard for easy ones.

Two friends, two purposes

One friend who lets you cry and asks no questions. One friend who makes you laugh about something unrelated. You need both, they are different medicines.

Permission to be the parent

Your job at home is to love them, feed them, and keep them safe. Specialists do the specialist work. When you try to do both, both suffer.

"We are fed.

We are kind.

This week, that is enough."

THIS WEEK, TRY

- Identify my "cry" friend and my "laugh" friend.
- Pick one chore I am allowed to drop this month.
- Write down what *enough* looks like for this week.
- Plan one 30 minutes block that is just for me.

My smaller standard, this season

07 *Building a circle.*

No family does this alone, and the families who do best are the ones who let other adults love their child too.

Tell three adults the plain truth

Not the polished version. The real one. People cannot help with what they do not know. Most will rise; the ones who do not, you have learned about gently and early.

Make help specific

"Can you sit with him for forty minutes on Tuesday?" lands. "Let me know if you need anything" never does. Specific asks are a kindness to the asker.

Find one other family

One family six months further along the path. Not a guru, not a saviour, just a neighbour. They are the most underrated resource in the world.

THIS WEEK, TRY

- Choose three adults to tell the plain truth this month.
- Write one specific ask I can send today.
- Look for one family six months ahead in our path.

People I want to tell

A NOTE BEFORE YOU GO

You are already doing the work.

If you read one page of this guide and tried one small thing, you have done the work of this week. Diagnosis is not a verdict on your parenting, it is a map of your child, and you are still the person who knows them best.

With care,
Founder of Curauti

