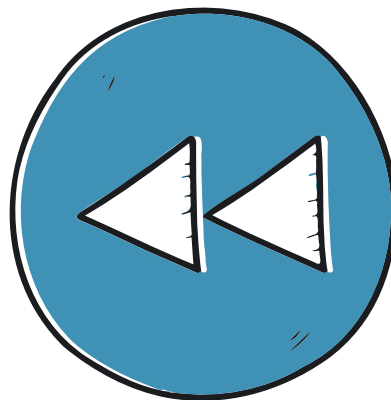




**PARENTING  
REWIND:  
ARE YOU  
LISTENING?**



# REWIND: ARE YOU LISTENING?

You're making dinner while your child starts playing ball in the house. You remind them, as you have again and again, no ball in the house! You go back to cooking, your patience wearing thin. Then, once again, there's that squeak of the ball bouncing on the floor. You lose your parenting cool!

If you've ever felt like this as a parent, you are not alone. It may be time for a Parenting Rewind. Parenting Rewind is a series of videos, scripts, and journals to help shift from reactive parenting to more mindful parenting. This is a shame-free, judgment-free way to begin showing up for your kids as the very best version of you!

**Each Parenting Rewind Printable has 2 steps:**

**1** VIDEO: Click the icon below to watch the video:



[Watch on Instagram](#)



[Watch on our blog](#)

**2** SCRIPT: This script is great for quick phrases to keep you connected to yourself and your kids. Print or save the script for easy access.

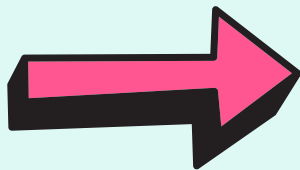
Member Bonus: JOURNAL. For annual members of GoZen!, you also get the Parenting Rewind journal where you'll work to uncover and release your triggers. Learn more about membership [here](#).

GoZen.com

What to say...

# WHEN YOUR KID

## DOESN'T LISTEN TO THE RULES!



Try our 3C Co-Regulation 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."

**MANTRA**

### 2 Connect to your kids

"Seems like you're struggling to follow this rule. I'll help you put that away."

"Where would be a more appropriate place to play that?"

"How about we come up with an indoor activity idea for after dinner?"

"Can you repeat the rule about balls in the house?"

### 3 Collaborate outside the moment

"It's really tempting for you to bounce the ball inside the house. I can see how much fun you're having, but you know we have this rule for safety. What's a better way for you to remember to move your game outside next time?"



# PLAY THE "MAYBE" GAME...

Kids don't break or bend rules just to get under our skin; it's typically for other reasons.

Once we put our detective hats on and dig beneath the surface of the behavior, perceptions can change. What are some possible reasons your child ignored the boundary you set? Changing your perception will help you coach them in the future!



Maybe my child got excited to play a game because games are exciting at this age. This excitement moved them into action.

Maybe my child was deeply absorbed in play and didn't process what I said.

Maybe my child had a plan in their head of what they were going to do after school and they were seeing this plan to fruition.

Maybe my child's personal power bucket is low. They've been told what to do all day long and they are exercising personal agency.

Maybe my child is experimenting with pushing boundaries like all kids do at some point.

Maybe pausing to think about house rules just takes more practice.

Add your own:

**Want to really break down your triggers around kids not listening? The extended version of this printable is 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/](https://gozen.com/parentingprintables/)