

WISE PARENTING

THE EMOTIONAL *CLIMATE OF YOUR HOME*

**3 practical tools to build a home where hard moments
can be noticed, softened and repaired**



A healthy home is not a home without hard moments.
It is a home that knows what to do with them.

Notice the climate. Shift the temperature. Repair the rupture.

A decorative graphic at the bottom of the page consisting of several overlapping, wavy horizontal bands in various shades of purple.

Your home does not need to feel peaceful all the time.

Bachon ko perfect, conflict-free ghar nahi chahiye.

Stress, irritation aur disagreement family life ka hissa hain. Important ye hai ke ghar mein repeatedly kya pattern banta hai - aur tension ke baad family wapas kaise aati hai.

Is guide ka goal perfection nahi. Awareness, regulation aur repair hai.

TOOL 1 - THE EMOTIONAL WEATHER CHECK

Din ke end par sirf 3 signals mentally check karein:

TONE - Aaj humne ek doosre se kaise baat ki?

Kya tone mostly warm thi, rushed thi, ya commands aur irritation high thay?

TENSION - Stress aya to ghar mein kya hua?

Kya sab ki intensity barh gayi? Kya ek particular time ya transition difficult tha?

RECOVERY - Tension ke baad hum wapas kaise aaye?

Kya reconnect hua, baat hui, ya sab bas move on kar gaye?

Phir ek sentence complete karein:

'Hamare ghar ka recurring pattern _____ lag raha hai.'

Goal blame nahi. Weather notice karna hai - taake aap decide kar saken ke kis cheez ko shift karna hai.

TOOL 2 - CHANGE THE TEMPERATURE, NOT THE CHILD

Jab ghar escalate ho raha ho, child ko immediately control karne se pehle environment ka ek variable change karein:

VOICE - Apni volume aur speed thori neeche laayein.

BODY - Physical intensity reduce karein. Child ke upar kharay reh kar lecture देने के bajaye posture soften karein.

SPACE - Agar possible ho to noise, crowd ya stimulation kam karein.

DEMAND - Necessary boundary rakhein, lekin instruction ko simpler ya one-step बना दें.

Example:

Do bachay fight kar rahe hain + TV loud hai + aap shout karne wali hain.

TV off -> voice down -> children separate -> one problem at a time.

Goal child ko 'win' karwana nahi. Nervous system par unnecessary load kam करना है.

TOOL 3 - THE FAMILY RESET

Healthy home ka goal ye nahi ke koi kabhi shout, fight ya mistake na kare.

Jab rupture ho, use:

STOP - Escalation ko aur fuel na karein.

OWN - Apna part clearly own karein.

'Maine tumse bohat tez awaaz mein baat ki.'

RECONNECT - Relationship ko restore karein.

'Tum mere liye important ho. Hum isko dobara try kar sakte hain.'

REDO - Same parenting moment ko 10 seconds mein respectfully repeat karein.

'Main dobara kehti hun: toys pick up karne hain. Chalo calmly start karte hain.'

Repair boundary ko cancel nahi karta.

NOTICE -> SHIFT -> REPAIR

A Note for You

Mama, your home does not need a perfect emotional climate.

There will be tired days, loud moments and misunderstandings.

What matters is what your family learns to do after the hard moment.

Notice. Soften what you can. Take responsibility. Come back together.

Your children do not need a mother who never gets it wrong.

They benefit from seeing that relationships can be repaired.

REMEMBER

A healthy home isn't a home without hard moments.

It's a home that knows how to come back from them.

With love,
Alizah Taha

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