
Parent Apology Script

PRACTICE GUIDE

10 FILL-IN-THE-BLANK TEMPLATES TO REPAIR WITH LOVE

1 After Yelling

After yelling: "I'm sorry I yelled. I was feeling _____. You didn't deserve that. Next time, I'll try to _____. I love you, even when I mess up."

2 After Minsunderstanding

After misunderstanding: "I misunderstood what you needed. I'm sorry for assuming _____. Can you help me understand better next time?"

3 After Critizing

After criticising: "I judged you too quickly. I'm sorry. I want to understand, not just correct."

4 After overreating

After overreacting: "I reacted too strongly. That must have felt _____. I'm sorry, and I want to do better."

5 After interrupting or dismissing

After interrupting or dismissing: "I didn't give you a chance to explain. I'm sorry. Your voice matters."

6 After breaking a promise

After breaking a promise: "I said we would _____ and we didn't. I'm sorry. I know that hurt."

7 After ignoring a feeling

After ignoring a feeling: "I didn't notice you were upset. I'm sorry for not seeing that sooner."

8 After unfair discipline

After unfair discipline: "I punished you before hearing the whole story. That wasn't fair. I'm sorry."

9 After forgetting something important

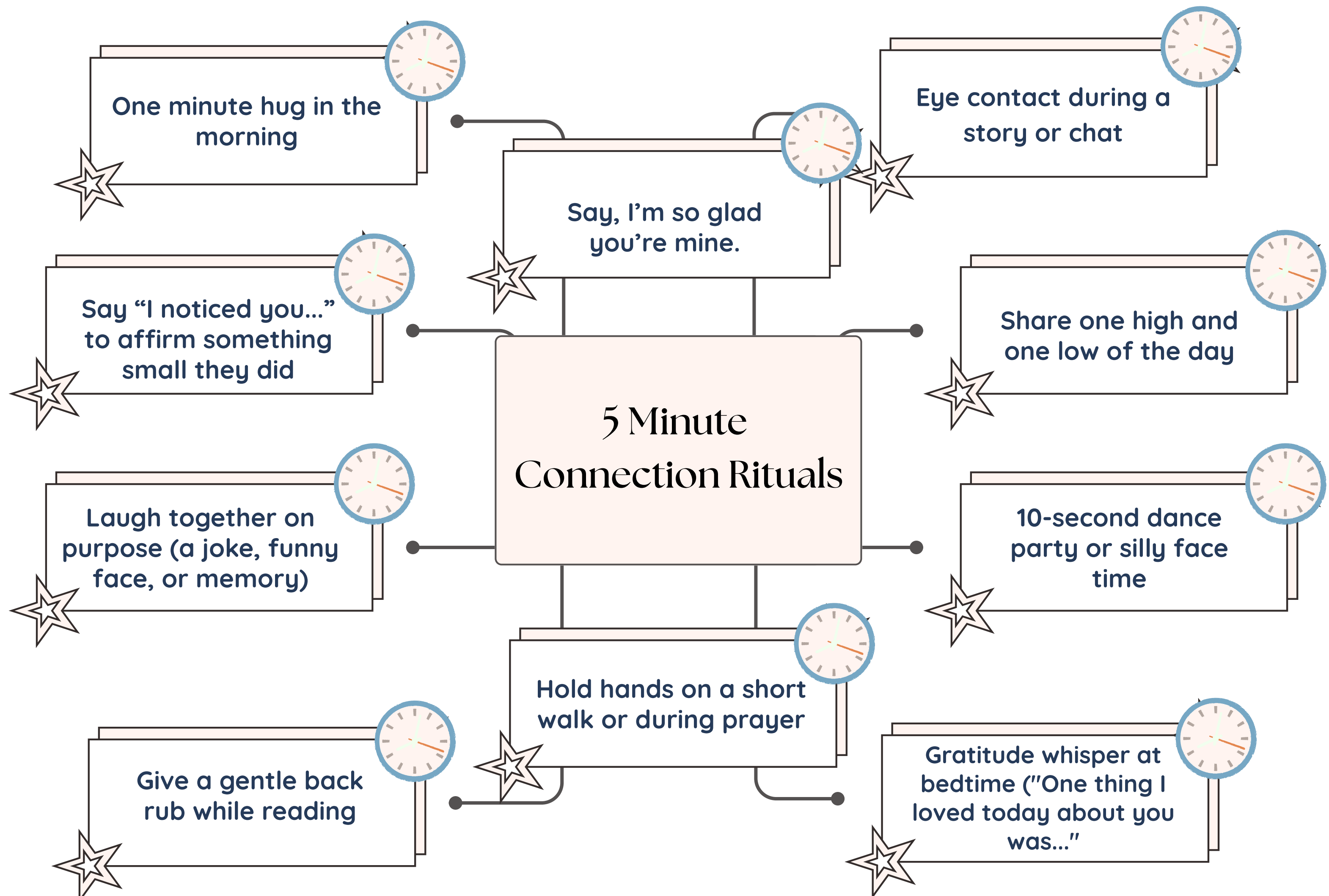
After forgetting something important: "I forgot _____. I know that made you feel unimportant. I'm sorry."

10 After being distracted

After being distracted: "I wasn't really listening earlier. You deserve my full attention. Let's try again."

20 Conversation starters for parent & child journal

1. What was the best part of your day today—and why? What was a bad part today—and why?
2. What's something you wish grownups understood about kids?
3. If you could press "pause" on one moment today and stay there longer, what would it be?
4. What's something that made you feel proud of yourself this week?
5. When do you feel the most loved by me?
6. What's one thing you're really curious about right now?
7. If we could invent our own family holiday, what would we celebrate and how?
8. What's something that made you feel small or unsure lately?
9. What's one way we can make each other feel more seen or heard?
10. If your heart could send me a message without words, what would it say?
11. What's something I do that makes you feel safe?
12. If you had a magic wand for just one day, what would you do with it?
13. What's one thing you wish we did more often together?
14. If you could teach me one thing about being you, what would it be?
15. What's something you're a little scared of—and how can I help?
16. What's something about our family that makes you smile?
17. What do you think makes a person a great friend?
18. What helps you calm down when you feel overwhelmed?
19. What's one rule you think is really important—and why?
20. If we had a secret signal for "I need love right now," what would it be?





CONNECTION CARDS



30 Repair Phrases for Every Age A Printable Deck of Calming Words to Rebuild Trust in Tough Moments



Age 2 - 5 Simple & Gentle words

"That was scary. I'm right here now."



Age 2 - 5 Simple & Gentle words

"I didn't mean to yell. Let's take a breath together."



Age 2 - 5 Simple & Gentle words

"I'm sorry. I love you always—even when I feel upset."



Age 2 - 5 Simple & Gentle words

"Let's try again. We're both learning."



Age 2 - 5 Simple & Gentle words

"Can I hold your hand while we calm down?"



Age 2 - 5 Simple & Gentle words

"You're not in trouble—I just want to help."



Age 2 - 5 Simple & Gentle words

"I see you're sad. I'm with you."



Age 2 - 5 Simple & Gentle words

"Let's have a cuddle and start fresh."



CONNECTION CARDS



30 Repair Phrases for Every Age A Printable Deck of Calming Words to Rebuild Trust in Tough Moments



Age 2 - 5 Simple & Gentle words

"That didn't feel good. Let's fix it together."



Age 2 - 5 Simple & Gentle words

"Even when I'm mad, my love for you doesn't change."



Age 6-9: Honest + Reassuring Words

"I was wrong to yell. You didn't deserve that.. I'm sorry."



Age 6-9: Honest + Reassuring Words

"I see your big feelings. Let's name them together."



Age 6-9: Honest + Reassuring Words

"I want to hear your side—tell me more."



Age 6-9: Honest + Reassuring Words

"It's okay to feel mad. We can talk about it calmly."



Age 6-9: Honest + Reassuring Words

"That was hard for both of us. Want to try again?"



Age 6-9: Honest + Reassuring Words

"I love you too much to let this moment break us."



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Age 6-9: Honest + Reassuring Words

"Let's take space and come back when we're ready."



Age 6-9: Honest + Reassuring Words

"I should've taken a breath. That's on me."



Age 6-9: Honest + Reassuring Words

"You matter more than getting this right."



Age 6-9: Honest + Reassuring Words

"Let's problem-solve this as a team."



Age 10-14: Honest + Respectful Repair

"That tone didn't help—I'm sorry. Can we reset?"



Age 10-14: Honest + Respectful Repair

"I didn't handle that well. I want to do better."



Age 10-14: Honest + Respectful Repair

"I overreacted. Thanks for your patience."



Age 10-14: Honest + Respectful Repair

"I trust you. Let's work this out together."



CONNECTION CARDS



30 Repair Phrases for Every Age A Printable Deck of Calming Words to Rebuild Trust in Tough Moments



Age 10-14: Honest + Respectful Repair

"This conversation matters more than being 'right.'"



Age 10-14: Honest + Respectful Repair

"How did that land for you? I want to understand."



Age 10-14: Honest + Respectful Repair

"You deserve repair, not perfection."



Age 10-14: Honest + Respectful Repair

"You're growing fast. I want to grow with you too."



Age 10-14: Honest + Respectful Repair

"My frustration came out as anger. I'm sorry."



Age 10-14: Honest + Respectful Repair

"Let's take a walk and talk—no pressure."



Age 10-14: Honest + Respectful Repair

"You deserve repair, not perfection."



Age 10-14: Honest + Respectful Repair

"Let's have a hug and start fresh."

Parenting Style Quiz

What's Your Parenting Connection Style?

Find out how you naturally connect—and what your strengths and blind spots are. There's no perfect parent—just your next best step.

When your child cries, you usually...

- A. Hold and soothe them quickly
- B. Try to solve the problem
- C. Encourage them to talk about it and move forward
- D. Avoid making it a big deal

If your child disobeys you, your first instinct is to...

- A. Comfort them and explain gently
- B. Explain what went wrong and how to fix it
- C. Turn it into a teaching moment
- D. Walk away to avoid conflict

You feel successful as a parent when...

- A. Your child feels loved
- B. Problems are solved quickly
- C. Your child is learning and growing
- D. Everyone is calm and peaceful

Your child needs help with homework. You...

- A. Sit beside them and support emotionally
- B. Jump in and fix it step-by-step
- C. Ask guiding questions to build skills
- D. Remind them gently but avoid pressure

When your child misbehaves in public, you...

- A. Comfort them and explain privately
- B. Quickly correct the behavior
- C. Pull them aside to coach them
- D. Try to de-escalate without drawing attention

How to Get Your Result:

- Mostly A's: You're the Nurturer
- Mostly B's: You're the Fixer
- Mostly C's: You're the Coach
- Mostly D's: You're the Avoider

The Nurturer

- Strength: You're incredibly tuned in to your child's feelings and make them feel deeply loved.
- Growth Area: Sometimes you do so much that your child might miss a chance to build confidence.
- Try This: Let your child solve a small problem on their own.
- Connection Tip: Model healthy limits—it's okay to say no gently.
- Journal Prompt: "What's mine to carry? What's theirs?"
- Booster Tip: End the day with, "What are you proud of today?"

The Fixer

- Strength: You're practical and quick to jump into action—your child knows you'll help.
- Growth Area: Sometimes, your child needs a moment to just feel heard before being helped.
- Try This: Ask three curiosity questions before giving a solution.
- Connection Tip: Pause. Validate the feeling. Then offer help.
- Journal Prompt: "Why is it hard to just listen sometimes?"
- Booster Tip: Practice saying: "Tell me more about that..."

The Coach

- Strength: You encourage independence and love watching your child grow.
- Growth Area: Feelings aren't always problems to solve—they sometimes just need presence.
- Try This: Reflect their emotion back without fixing: "That's hard, huh?"
- Connection Tip: Sit with big feelings, even if they're messy.
- Journal Prompt: "What do I feel when emotions get big?"
- Booster Tip: Celebrate emotional wins, not just accomplishments.

The Avoider

- Strength: You keep the peace and create calm.
- Growth Area: Avoiding hard conversations can leave kids unsure of where the lines are.
- Try This: Say one firm "no" and stick with it calmly.
- Connection Tip: Boundaries are a form of love—don't be afraid to hold them.
- Journal Prompt: "What conflict from my past shapes how I parent today?"
- Booster Tip: Create a rule together as a family: "What's our boundary here?"

Reflection Page Mum:

- What Surprised Me About My Style?
- What answer did I hesitate on?
- What do I want to try differently this week?
- Which strength can I lean into more?

Reflection Page Dad:

- What Surprised Me About My Style?
- What answer did I hesitate on?
- What do I want to try differently this week?
- Which strength can I lean into more?

Connection vs. Correction

THE CALM PARENT'S CHEAT SHEET

Common Correction	Connection-Based Alternative
Timeout	Time-in with calming words
Yelling	Deep breath + validate feelings
"Why did you do that?!"	"Help me understand what happened."
Consequence first	Empathy first, consequence later
"Go to your room!"	"Let's take a break together."
Nagging repeatedly	Ask for collaboration: "What's our plan here?"
Punishment	Problem-solving conversation
Blame	Focus on solutions together
Shaming	Speak with curiosity, not criticism
Ignoring feelings	Acknowledge and validate feelings