

# The Doorway Reset

A first response for the moment  
you walk in the door.



FREE GUIDE / AGES 2 TO 12

## Before the first question

Quiet. Clinging. Already upset.  
Start with one gentle hello,  
then choose the response your child needs.

### 01 Make room to respond

Handle urgent safety needs first. Set down your bags.  
Pause your phone if you can,  
and take one comfortable breath.

### 02 Give a warm hello

Say their name naturally.  
Begin here before homework or school questions.

#### WORDS TO BORROW

“Hi. It's good to see you.”

### 03 Choose your next response

Space, closeness or help with a big feeling?  
Use the matching script on page 2.

A nod, a few words or quiet company can be enough.  
Let your child choose whether to talk, make eye contact or hug.

## IN THE MOMENT / CHOOSE ONE ROUTE

# Choose your first response

Choose one route. Keep your words simple.

Let your child set the pace for touch and conversation.

## O1 They ignore you or stay quiet

### WORDS TO BORROW

“Hi. I'm here. No rush to talk.”

Move nearby if welcome. Let them finish.

Offer quiet company, or give space and check back.

For an older child: “I am around if you want company.”

## O2 They cling or need you close

### WORDS TO BORROW

“You want me close. Let me put this down safely,  
then I can sit with you.”

Offer closeness you can manage.

If you cannot carry them: “I can sit beside you.”

For an older child, ask whether they want you nearby.

## O3 They shout or cry

### WORDS TO BORROW

“Something feels really hard right now. I'm listening.”

Check for hunger, thirst, pain or the toilet first.

If they hit: “I will not let you hit. I am moving back.

I am still here.” Create safe space and get help if needed.

Notice patterns and ask about the day when they are ready.

One greeting does not explain everything they feel.

MAKE IT YOURS / WHAT COMES NEXT

# Start again. Build on it.

If you came in sharply

— WORDS TO BORROW

“I came in sharply. I'm sorry. Let me try that hello again.”

Meet immediate needs and give your child time.  
They do not have to give you a happier greeting in return.

My first hello tomorrow

TURN YOUR RESET INTO A PLAN FOR TONIGHT

## Stop guessing through the rest of tonight.

The hello goes better. Then the next request gets a “NO!”  
You still need to make dinner, end screens and reach bedtime.

This reset helps you reconnect. Your next step is a plan.  
The Calm Evening Playbook gives you exact words for pushback,  
steps for big feelings and clear limits you can hold,  
plus an evening routine from arrival to lights out.

**Show me what to do next**

Tap the button above to explore the playbook.

Educational guidance. Adapt it to your child and situation.  
Seek qualified support for persistent distress or safety concerns.