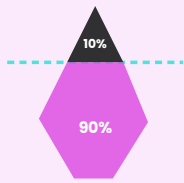


FREE PARENT CHEAT SHEET

The Iceberg Lens

The behavior isn't the story — it's the tip. Keep this where you'll see it, and respond to what's *under the water* instead of the scene on the surface.



The tip you can see — **the slam, the whine, the meltdown, the eye-roll** — is about 10%. The other 90% is underwater: an unmet need, an emotion with no language yet, a skill gap, an overloaded nervous system, or a quiet *"do you still love me when I'm hard?"*

MOVE 1 • PAUSE & ASK — SILENTLY, TO YOURSELF

"What's underneath this?"

Don't ask your kid yet. Tired? Hungry? Embarrassed? Overstimulated? Too many transitions? Your gut already has a guess — listen to it.

Then, the next two moves

2

Name what you see, not what you want

"Something's really hard right now. I'm here."

It doesn't fix or excuse the behavior. It says the two things they need to hear: *I see you, and I'm not leaving*. From that ground, the behavior almost always shifts faster.

3

Address the underwater part later

"I noticed something hard happened earlier. I'm curious what was going on for you."

Heat of the moment isn't the time — nobody's nervous system is online. Come back when everyone's calm: in the car, at bedtime, the next morning. That's where the real parenting happens.



Don't forget your own iceberg. When your kid's behavior triggers you, something underwater in you just got hit too. The practice is two icebergs at once — look under their water, and look under yours. That's **conscious, not crazy**.

WANT THE FULL TOOLKIT?

Conscious Not Crazy — the 6-session course

The iceberg lens, the Trigger-to-Response Map, and a full set of scripts for the moments that matter most at home.

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