

A FREE CONSCIOUS NOT CRAZY GUIDE

The Parenting Toolbox

6 tools for the moment you've got 90 seconds and no plan.

Better, not perfect.

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Why a toolbox beats a philosophy

Most parenting advice gives you a philosophy. Then your kid does something the philosophy never planned for, and you're back to winging it. A tool is different. A tool doesn't ask whether you're a strict or permissive parent. It just asks one thing: what does this moment need?

These six tools are the THREADs of whole-person leadership translated into the work of parenting: values, mindset, attention, communication, action, and growth. You don't need all six at once. You need to know they exist, and start pulling out the right one for the right moment.

How to actually use it

1. Pick one tool this week. Just one. Practice it until it feels like yours.
2. Notice which tool you reach for under pressure — or never reach for. That's information.
3. Add a second tool the following week. By month two, you have a working kit.
4. Repair when you blow it. That's the seventh, invisible tool that makes the other six work.

The six tools

01

The Values Check

WHEN YOU DON'T KNOW WHAT TO DO

"What do we value in this house, and what does this moment need from that value?"

Values cut through complexity faster than rules ever can. Pick a value. Use the value. Move.

02

The Mindset Reframe

WHEN YOU'RE CATASTROPHIZING

"What if this is a moment of skill-building, not a sign of who they are?"

Almost every "bad" parenting moment is a teaching moment in disguise. Reframing it makes it usable.

03

The Attention Shift

WHEN EVERYTHING FEELS LOUD

"What does this moment actually need from me – not what does my to-do list need?"

Most failures aren't skill failures. They're attention failures. Conscious is all of you in the room.

The six tools

04

The Communication Script

WHEN YOU DON'T KNOW WHAT TO SAY

"Something's really hard right now. I'm here." · "I'm going to take 30 seconds and come back to this." · "I love you. The answer is still no. We can talk when you're ready."

Most moments don't need a speech. They need one sentence. Practice them out loud before you need them.

05

The Action Choice

WHEN YOU'VE BEEN TALKING TOO LONG

Leave the store. Sit next to them silently. Take the screen. Let the natural consequence happen.

If you've said it four times, they stopped hearing you three times ago. This isn't punishment — it's leadership.

06

The Growth Review

WHEN THE DAY IS OVER

"What worked? What didn't? What will I try next time?"

The tool most parents skip, and the one that changes everything. Not what's wrong with you — just honest.

ONE TOOL AT A TIME

You've got the tools. Want the words too?

The full Conscious Not Crazy 6-week course walks you through all six threads with worksheets, scripts, and live community support — so the tools become second nature under pressure.

[Explore the course](#)

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