FREE STARTER GUIDE · PARENTIF.COM

The Calm Parent Roadmap

The whole parenting journey in 8 stages: what each stage needs, what to skip, and the words to say.

8 STAGES · 1 METHOD · FREE PDF

General information, not medical advice. Talk to your pediatrician, midwife or doctor about your child.

START HERE

Parenting is eight jobs, not one

Every stage asks something different of you. This roadmap shows you the job of each stage in one page, so you always know what matters now and what can wait.

The one method: Warm on the feeling. Firm on the limit. Boring on the drama.

How to use this guide in 3 steps

1. Find your child's stage on the next page and read that one page first.
2. Pick one "Do this" item and try it for a week. Just one.
3. Come back when your child moves into the next stage. Skim, don't study.

Important

General information, not medical advice. Talk to your pediatrician, midwife or doctor about your child. Every health, feeding, sleep-safety or development question belongs with your child's doctor.

THE JOURNEY

The 8 stages at a glance

Each stage has one job. Find yours, then turn to its page.

Stage 1 · Before baby · page 4
The partnership

Stage 2 · 0–3 months · page 5
The fourth trimester

Stage 3 · 3–12 months · page 6
The first year settles

Stage 4 · Ages 1–3 · page 7
The toddler years

Stage 5 · Ages 3–5 · page 8
The preschool years

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The school-age years

Stage 7 · Ages 13–18 · page 10
The teen years

Stage 8 · 18 and beyond · page 11
Adult children

STAGE 1 · BEFORE BABY

The partnership comes first

1

Your relationship is the floor your child will stand on. Settle the big things before the baby arrives and the sleepless nights take over.

Do this

- Talk money: what changes, who pays for what
- Split the work: night feeds, laundry, appointments
- Agree on 3 values you both want at home
- Plan how you repair after a fight

Skip this

- Assuming you'll "figure it out later"
- Keeping score of who does more
- Letting family opinions decide for you

Say this: "What would make you feel supported in the first month?"

Call the doctor if...

you're pregnant or planning and have any health questions. Book a prenatal appointment early.

Go deeper: The Bump-to-Birth Bundle →

STAGE 2 · 0–3 MONTHS

Survive the fourth trimester

2

The first weeks are about feeding, sleep and recovery, for the baby and for you. Good enough is the goal.

Do this

- Feed on cue and keep a simple log
- Follow safe-sleep advice from your doctor
- Accept help with meals and chores
- Rest whenever the baby sleeps, when you can

Skip this

- Comparing your baby to others online
- Strict schedules in the first weeks
- Ignoring your own recovery

Say this: "You're new here. I'm learning you, and you're learning me."

Call the doctor if...

your baby has a fever, feeds poorly or seems unwell, or if you feel persistent sadness, anxiety or can't sleep even when you can.

Go deeper: The First Year bundle →

STAGE 3 · 3–12 MONTHS

The first year settles

3

Sleep starts to organise, solids begin and separation anxiety appears. Your job: warm, steady, predictable.

Do this

- Respond warmly and consistently
- Use wake windows as a gentle guide
- Babyproof before they crawl
- Offer solids when your doctor says it's time

Skip this

- Rigid schedules
- Milestone comparisons
- Screens as a calming tool

Say this: "I'm here. I always come back."

Call the doctor if...

you're worried about feeding, weight, sleep or development, or your baby loses a skill they had.

Go deeper: The First Year bundle →

STAGE 4 · AGES 1–3

The loud, wonderful toddler years 4

Tantrums are a brain still learning to handle big feelings. Your calm is the tool. Use the 4-step response: anchor, safety, connect, move on.

Do this

- Anchor yourself: breathe out longer than in
- Keep everyone safe first
- Name the feeling in one short sentence
- Move on without a lecture

Skip this

- Bargaining to stop the noise
- Long explanations mid-meltdown
- Punishing the feeling itself

Say this: "You're upset. I'm here. We're taking a break."

Call the doctor if...

tantrums are getting worse, your child often hurts themselves or others, or you have speech, sleep or development worries.

Go deeper: The Toddler Years bundle →

Go deeper: The No-Fight Bedtime →

STAGE 5 · AGES 3–5

Big feelings, small humans

5

Preschoolers can talk, but they still can't manage big emotions alone. Coach them in five moves: notice, name, allow, limit the behaviour, solve it later.

Do this

- Notice feelings early, when they're small
- Name them with simple words
- Allow the feeling, limit the action
- Solve the problem together once calm

Skip this

- Shaming ("big kids don't cry")
- Drilling letters to get school-ready
- Fixing every problem for them

Say this: "It's okay to be angry. It's not okay to hit. Let's stomp instead."

Call the doctor if...

big feelings stop daily life, or you're worried about speech, play, sleep or development.

Go deeper: The Preschool Years bundle →

STAGE 6 · AGES 6–12

Build a capable kid

6

The school-age years are about competence. Your job shifts from doing things for them to coaching them to do it themselves.

Do this

- Coach, don't rescue
- Give real jobs at home, by age
- Let them fail safely and try again
- Praise effort, not talent
- Protect free play

Skip this

- Doing homework for them
- Solving every friendship drama
- Filling every hour with activities

Say this: "What do you think you could try first?"

Call the doctor if...

you notice big changes in mood, sleep, eating, learning or friendships that last more than a few weeks.

Go deeper: The School-Age Years bundle →

STAGE 7 · AGES 13–18

Stay close while they pull away

7

Teens are supposed to separate. Your job is to stay connected, keep the door open and keep the few limits that matter most.

Do this

- Listen more than you talk
- Talk in the car or side by side
- Respect growing privacy
- Agree on a few clear limits

Skip this

- Taking distance personally
- Reacting to every provocation
- Lecturing when they open up

Say this: "I'm not going to freak out. Tell me what happened."

Call the doctor if...

you see signs of low mood that lasts, self-harm, substance use, or big changes in eating or sleep. Ask for help early.

Go deeper: The Teen Years bundle →

STAGE 8 · 18 AND BEYOND

From parent to trusted adult

8

Your adult child doesn't need managing. They need a relationship between adults: respect, curiosity and help that is asked for.

Do this

- Ask before you advise
- Offer help, then let them choose
- Share your own life too
- Repair old hurts when they come up

Skip this

- Unasked-for advice
- Guilt as a tool
- Treating them like a teenager

Say this: "Do you want my thoughts, or do you just want me to listen?"

Call the doctor if...

you're worried about their safety or wellbeing. Encourage them to talk to their own doctor.

THE ONE THREAD

Same method, every stage

Warm on the feeling. Firm on the limit. Boring on the drama.

When you're ready for more, each stage has its own bundle: 5 calm guides with practical steps and the words to say.

Months 0–12 · 5 guides
The First Year

Ages 1–3 · 5 guides
The Toddler Years

Ages 3–5 · 5 guides
The Preschool Years

Ages 6–12 · 5 guides
The School-Age Years

Ages 13–18 · 5 guides
The Teen Years

All 5 stages + 3 calm tools
The Complete Stage Pass

Bedtime battles right now? The No-Fight Bedtime →

General information, not medical advice. Talk to your pediatrician, midwife or doctor about your child. Digital download · All sales final.