

After Divorce, Still Parenting

The Home & Heart Reset Workbook

Written by Larriesha Yamini

Published by Cre8sLife



A little laughter. A little honesty. A plan that fits real life.

NO PERFECT-PARENT MEMBERSHIP REQUIRED

You belong in these pages.

A NOTE FROM THE REAL-LIFE CORNER

This isn't a workbook about becoming the parent who has matching socks and a flawless morning routine. First, we'll laugh about your unfiltered thought. Then we'll turn the page and decide what really helps your family.

YOUR FAMILY, YOUR RULES

Each chapter is TWO pages: (1) UNFILTERED — laugh, circle the reaction you might THINK, and get the vent out. This is not advice for what to say or do. (2) REGROUP & RESET — consider the real situation, write your thoughtful response, and choose one small action. No one is grading your parenting.

1. REACT

Circle your unfiltered thought.

2. LAUGH

Vent privately, without acting on it.

3. RESET

Turn the page and think it through.

4. TRY

Choose a small response that helps.

THIS SEASON IN ONE SENTENCE

Right now, the thing I want to make a little easier is...

PROFESSIONAL SUPPORT STILL MATTERS

These workbooks provide practical parenting reflection and organization tools, not mental-health therapy, individualized medical guidance, legal advice, or crisis services. If a child or caregiver is unsafe, seek qualified local support. For infant feeding, postpartum symptoms and safety, consult a licensed health professional.

Before We Act Like Grown-Ups...

The new normal is still unfolding



SO PICTURE THIS...

You finally settle into a new routine and someone asks why it isn't exactly like it used to be.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. You want to know why the schedule changed? Because LIFE changed. That part already happened.
- ☐ B. Please stop reviewing the old routine like we're bringing it back by popular vote.
- ☐ C. If you're volunteering to handle pickups, feel free to keep talking. Otherwise...

Some folks still have opinions about a version of your life you're not living anymore.

What was the first thought you swallowed?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

What stable routine matters to your kids today?

WHAT'S REALLY GOING ON

Children can react differently over time; acknowledge change without requiring them to choose sides.

IN A REAL HOME

A parent says 'Our family is changing, but you are loved and this is not your job to fix.'

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

Which transition feels most unsettled at home?

YOUR LITTLE REAL-LIFE MOVE

Write one predictable anchor your children can rely on.

☐ I'll try it ☐ I'll make it smaller ☐ I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

Before We Act Like Grown-Ups...

Put the children's needs in view



SO PICTURE THIS...

Your child asks a simple question while the grown-up part of your brain has seventeen complicated answers.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. I have a seventeen-minute explanation, but this child asked one simple question.
- ☐ B. Let me give the kid an answer, not every adult detail I know.
- ☐ C. This is why I need to think before I open my mouth.

The child asked 'Who's picking me up?' not for the unabridged history of the marriage.

What did you almost over-explain?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

What calm and age-appropriate answer would help?

WHAT'S REALLY GOING ON

Separate adult conflict from age-appropriate information children need.

IN A REAL HOME

A parent shares the pickup plan without discussing adult blame.

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

What information helps my child feel secure?

YOUR LITTLE REAL-LIFE MOVE

Draft a short neutral explanation of the next household change.

☐ I'll try it ☐ I'll make it smaller ☐ I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

This is a preview of the first two chapters. The complete illustrated workbook has all 12 original chapters.