

The New Parent Reset

Your First-Year Real-Life Workbook

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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...

Welcome to your actual first year



SO PICTURE THIS...

The baby just went to sleep. Someone whispers, 'Sleep when the baby sleeps.'

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. I love my baby. I would also love one uninterrupted shower. Both things can be true.
- ☐ B. Everybody said 'Enjoy every moment.' Nobody mentioned the 3:18 a.m. staring contest.
- ☐ C. How is somebody this tiny running such a demanding operation?

This little person can't hold up their own head and somehow runs the entire household.

What's the unfiltered thought you'd text your best friend?

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

Okay, Now Let's Really Think.

Who could take one task off your plate so you can rest?

WHAT'S REALLY GOING ON

New-parent reality may be joyful, difficult, boring and surprising in the same day.

IN A REAL HOME

A parent writes down what help would feel useful rather than performing gratitude all day.

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 am I most surprised by so far?

YOUR LITTLE REAL-LIFE MOVE

List three supports you wish you had right now.

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

MY BETTER-NEXT-TIME RESPONSE: _____

Before We Act Like Grown-Ups...

Rest without perfection



SO PICTURE THIS...

The baby just fell asleep, and somebody says, 'Sleep when the baby sleeps.'

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- () A. Oh, okay. So should I wash bottles when the baby washes bottles, too?
- () B. You sitting on my couch giving advice with TWO empty hands. Go fold something.
- () C. Thank you, Dr. Obvious. Will you also be paying my electric bill?

Don't feel bad. I know you smiled and said thank you while mentally escorting them to the front door.

What did you want to say before you took a breath?

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

Okay, Now Let's Really Think.

What could make rest easier today?

WHAT'S REALLY GOING ON

Sleep changes are common; make room for realistic rest plans and seek professional guidance for persistent concerns.

IN A REAL HOME

A trusted support person covers one household task so a parent can rest.

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 makes rest hardest to protect?

YOUR LITTLE REAL-LIFE MOVE

Choose one possible rest window and one task someone else can take.

☐ 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.