

Raising Sons with Connection

The Growing Together 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...

Who he actually is



SO PICTURE THIS...

He can explain fourteen levels of a game, but 'How was school?' gets one syllable.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- () A. He can tell me every move in that game but can't tell me one thing he ate for lunch.
- () B. You spent twenty minutes explaining the game. School was just 'good'?
- () C. Do I need to ask about your day in gaming language to get a complete sentence?

You know his favorite character's entire family tree and still can't find out what happened in third period.

What did you want to blurt out?

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

Okay, Now Let's Really Think.

What question would let him share something he actually cares about?

WHAT'S REALLY GOING ON

Sons are individuals; challenge assumptions about what boys enjoy or how they feel.

IN A REAL HOME

A parent listens to a son describe an interest without calling it too soft or too tough.

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 interest does my son want me to understand?

YOUR LITTLE REAL-LIFE MOVE

Invite him to teach you something he likes.

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

MY BETTER-NEXT-TIME RESPONSE: _____

Before We Act Like Grown-Ups...

Feelings have names



SO PICTURE THIS...

He says he's 'not mad' while the couch pillows disagree.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. You're not mad? So why are you breathing at the sofa like it owes you money?
- ☐ B. I know what 'fine' sounds like. That is not it.
- ☐ C. Baby, your face already told me there's a situation. We can use words too.

A whole mood walked into the room before the child did.

What's the first reaction you had to his mood?

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

Okay, Now Let's Really Think.

How can you help him name a feeling without shaming it?

WHAT'S REALLY GOING ON

Boys benefit from language for sadness, fear, disappointment, pride and joy.

IN A REAL HOME

'You can be angry and still choose not to hurt someone.'

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 feeling is hardest for us to name?

YOUR LITTLE REAL-LIFE MOVE

Practice labeling a feeling and one safe response.

☐ 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.