

PARENTING SUPPORT

# ON THE OVERWHELMING DAYS OF PARENTING

A GENTLE GUIDE FOR RESETTING IN THE CHAOS



FROM THE KAIROS BRIDGE OF FROM  
CONFUSION TO CONNECTION BOOK

[thekairosbridge.com](http://thekairosbridge.com)

## Hello, I'm Bethany!

It's great to meet you! I am **Bethany Heyne**, founder of The Kairos Bridge, and certified parenting coach. I am blessed to be mom to my son and bonus mom to my three step children.



### Why I started parent coaching?

I took my first parenting course in 2016. I was skeptical at first, questioning how much there really was to learn about parenting (oh how wrong I was!) Every week we learned more about child development and psychology and used our own real-life examples to receive coaching on how to address parenting challenges.

By week 3, I was already seeing the difference in me, in my child, and in our family. By the end of the 18 week course, I had developed such confidence in my parenting, noticed more peace in our home, and saw the healthy impact it had on my child.

When my son turned 6, I noticed new behavioral developments that I wasn't familiar with. When I went to sign up for the next age range of the course, I was absolutely heartbroken to learn the grant funding had expired. I had to do something. Maybe I could support the next financial grant cycle?

After several months of meeting with my mentor and course director, and many more months of prayer, it seemed ...

***I was being called to carry forward this mission. And so, I established The Kairos Bridge, LLC in November 2023.***

## WHY THIS GUIDE MATTERS

# WHEN WE'RE STRESSED, WE CAN'T PARENT WELL

Even the most loving and intentional parents have days when everything feels overwhelming. And there's science behind why that happens: when we're under stress, our brain's "prefrontal cortex" the area responsible for decision-making and emotional regulation, gets clouded.

Neuroscience shows that elevated cortisol levels (the stress hormone) can impair our executive function, making it harder to think clearly, respond calmly, or even stay present.

**That's why this matters:** we can't guide or nurture our children well when our own nervous system is dysregulated. Just like kids, we need co-regulation, grace, and practical tools to reset.

This free guide will walk you through a simple, realistic plan for those overstimulated days—helping you stay grounded, model emotional health for your children, and give yourself permission to pause and breathe.



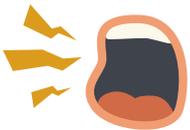
# COMMON SIGNS PARENTS MAY IGNORE BUT SHOULDN'T RECOGNIZING OVERSTIMULATION

You might be more overstimulated than you realize and that's okay. Many parents push through the signs, thinking they just need to "try harder." But the truth is, your nervous system is waving a white flag, asking for care.



**Loud noises feel unbearable.**

The TV, toys, or whining suddenly feel like too much.



**You snap over small things that normally wouldn't bother you.**



**You feel the urge to escape**

That urge is your nervous system asking for relief, not abandonment.



**Tension in your body.**

Stress shows up physically—tight muscles and shallow breathing are signs.



**You feel numb or disconnected from your kids.**

Emotional shutdown is a common effect of constant overstimulation.



**Thoughts like "I can't do this" or "I just want to hide".**

# HOLD ON, MAMA/PAPA NEEDS TEN



Because even the most loving parents hit their limit sometimes. Let's be real: parenting is beautiful... but it's also LOUD, messy, and constant. You're human. Overwhelm will happen. But here's a simple plan to help you reset without guilt, without yelling, and without spending a thing.

## STEP

### 1 Talk About It Before the Meltdown

When things are calm, say something like:

***"Sometimes I feel big emotions too. So if I say, 'I need 10 minutes,' that means I need a quick break to breathe and come back ready."***

This helps kids know what to expect and it normalizes that grown-ups have limits too.



## STEP

### 2 Pick a "Reset Phrase"

Use something simple and friendly, like:

- ***"I need 10 minutes."***
- ***"Reset time!"***
- ***"Mom's/Dad's calm-down moment."***

Make it part of your family's language. No drama. Just a signal.



STEP

### 3 Create a “Free Time List” Together

You don't need anything fancy! Sit down and list 3–5 things your kids can do while you take a break:

- *Look at books*
- *Draw on scratch paper*
- *Build something with toys*
- *Count to 100*
- *Lie down and snuggle a pillow or stuffed animal*
- *Listen to soft music or a calming song*

Let them help come up with ideas! Kids love to be part of the plan.



STEP

### 4 Use the Plan When You Need It

Feel yourself heating up?

Say your phrase → set a 10-minute timer → step away. Even hiding in the bathroom or sitting on the floor counts. Breathe. Pray. Hydrate. Cry if you need to. Just pause.



STEP

### 5 Come Back and Reconnect

When the timer ends, return with calm and kindness. Say something like:

***“Thanks for giving me space. I feel better now. How about you?”***

Then, invite your child into connection. Offer a hug or smile. This moment is GOLD. It models healthy boundaries, emotional regulation, and repair.



# TAKING A STEP BACK? THAT'S NOT FAILING. THIS IS WHAT STRONG PARENTING LOOKS LIKE.



Taking a 10-minute break isn't weakness. It's wisdom.

You're showing your kids what it looks like to:

- ✓ How to recognize big emotions
- ✓ How to pause before reacting
- ✓ How to choose peace in the middle of pressure

One day, your child won't remember this as the moment you "checked out." They'll remember it as the moment you led with strength, self-awareness, and love. **This isn't just a breather for you. You're showing them what emotional intelligence really look like.**

## CALMING RESET TIPS



Do a quick body stretch or shakeout



Take 5 deep belly breaths



Sip water or tea slowly



Repeat a calming phrase like "I can handle this"



Step outside for fresh air

## WHAT COACHING DO YOU PROVIDE?

**Every parent-child relationship is unique. We work with you in coaching to identify exactly what you and your child need...**



### **OFFER 1: KAIROS CALM: 4-WEEK RESET**

- 4 Weekly 45-Minute Virtual Coaching Sessions
- Personalized Behavioral Blueprint (covering routines, discipline, and positive reinforcement).
- Digital Parent Reflection Journal for daily tracking and insights.
- Weekly Email Check-ins for ongoing support and accountability.
- **Bonus:** Free "Calm Parent Toolkit"



**\$497**



**\$997**

### **OFFER 2: GRACEFUL GROWTH: 8-WEEK TRANSFORMATION JOURNEY**

- All inclusion of Coaching Offer 1
- 8 Bi-Weekly 60-Minute Virtual Coaching Sessions tailored to your family's needs.
- Custom Family Goal-Setting Workbook
- Access to "Positive Communication Strategies" Courses worth \$485
- Digital Monthly Progress Tracker
- On-demand Audio Coaching
- **Bonus:** Free "Graceful Parenting Guide" eBook (filled with prayers and faith-based strategies).



### **OFFER 3: FLOURISH TOGETHER: 12-MONTH FAMILY MASTERY PROGRAM**

- All inclusion of Coaching Offer 2
- 12 Monthly 90-Minute Virtual Coaching Sessions
- Quarterly Virtual Family Workshops (interactive sessions for goal-setting and family bonding).
- Digital Vision board and Workshop Course
- Private Podcast Feed with exclusive parenting tips, bible studies, and practical insights.
- Monthly Email Mastermind Group for sharing experiences and receiving support.
- **Bonus:** Free year-long Digital Prayer Calendar



**\$2,400**

**Ask us about our free 15-minute initial consultation!!**

**BOOK NOW**



# WHAT OTHER SUPPORT DO YOU PROVIDE?



## Podcasts

Tune in for insightful discussions on mindful parenting, including episodes like "Notice It ~ Name It ~ Nurture It," designed to help you build stronger family connections.

Free



## Dear God, It's Me (Girls Journal)

Dear God, It's Me is a 30-day journal designed for girls to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

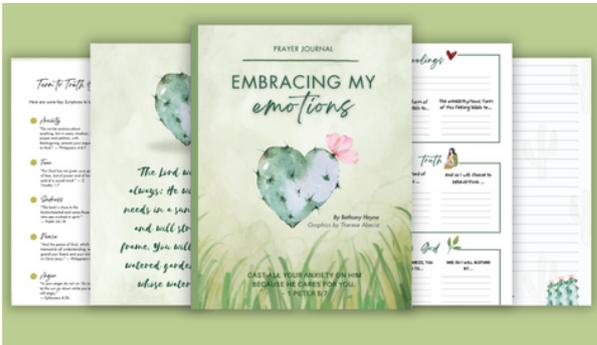
From \$9.99 USD



## Dear God, It's Me (Boys Journal)

Dear God, It's Me is a 30-day journal for boys to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

From \$9.99 USD



## Embracing Emotions Journal

A 90-day journal for adults to explore feelings, align them with Biblical truths, and grow in faith. With daily prompts, scripture, and space for reflection.

From \$14.27 USD

[CHECK OUT FOR MORE](#) 

*Click here to explore our services/products.*

## LET'S DO THIS!

Parenting can feel overwhelming, especially when you're tackling sleep challenges, emotional outbursts, or establishing healthy routines. Imagine the peace of mind you'll feel when bedtime is no longer a battle but a time of calm connection. That's why at The Kairos Bridge, we offer a FREE 15-minute consultation to help you take the first step toward clarity and connection.

This **no-commitment call** is your opportunity to:

- Identify your biggest challenges and discover actionable solutions.
- Learn how our 4-week, 8-week, and 12-month coaching programs can support your unique parenting journey.
- Gain practical tips rooted in Biblical principles and tailored to your family's needs.

Whether your goal is to create a peaceful bedtime routine or deepen your relationship with your child, our expert guidance is here to help.

[CLICK HERE TO CONNECT](#)



👉 **Don't wait**—secure your **FREE** consultation now at I understand the challenges of parenting; I once felt lost and overwhelmed, but I turned things around, and I want to show **YOU** that it's possible too. You **CAN** create a calm and loving environment for your family—it all begins with that first step.. Limited free sessions offered, so take the first step toward a healthier, happier family today.

Your dedicated coach,

*Bethany H.*

