

A relationship pattern

Notice Relationship Patterns Without Labels | Conflict & repair

Notice when your child can disagree, seek help, or take space without being shamed.

Use these prompts for your own preparation. Leave out identifying details you do not need.

An observable recurring interaction

My part in the pattern

A response I can change

Support that may be needed

One small next action

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.