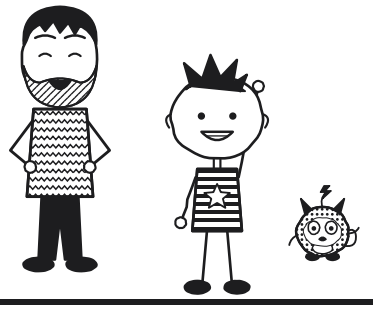
FOR PARENTS · STICK IT ON THE FRIDGE

The Oops Reset at Home

The 3-step routine your child learns in *Murphy's Law for Kids*. Use the same words at home, and it becomes a habit for both of you.



1. STOP

Pause before reacting. One slow breath: in for 4, out for 6. Do it **with** your child.

SAY THIS

"Let's do our STOP first. In for four..."

INSTEAD OF

"Calm down!"

2. LAUGH

Shrink the problem to its real size. Laugh at the situation, never at the child.

SAY THIS

"Classic Murphy! He got us again."

INSTEAD OF

"Why does this ALWAYS happen to you?"

3. FIX

Let your child choose ONE small next step. Their idea first, yours second.

SAY THIS

"What's one thing we can do right now?"

INSTEAD OF

"Here, let me just do it."

5 PHRASES THAT HELP

- "That was annoying. And you handled it."
- "What's our Plan B?"
- "Big feeling, small problem."
- "Who won that one: you or Murphy?"
- "I mess up too. Want to hear about my worst Murphy day?"

DINNER-TABLE QUESTIONS

- What was today's Murphy moment?
- Did you use the Oops Reset? Which step was hardest?
- What would be a good Plan B for tomorrow?
- What went RIGHT today?
- Which law from the book happened to someone in our family this week?

Tip: let your child ask YOU the questions too.

REMEMBER: the goal is not a day where nothing goes wrong. The goal is a kid who knows what to do when it does. Points go to "ME" for *recovering*, not for being perfect.

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