

Parenting on an Empty Tank

Work out the smallest version of the day when you have almost nothing left.

WHEN TO USE THIS

Use this on a day you have to keep going and you are already worn through.

How much do you have in the tank today?

0	1	2	3	4	5	6	7	8	9	10
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Empty Full

What has to happen today for everyone to be safe and fed?

Only that. Not the rest.

What can wait until you have more in you? Tick anything that can wait.

- ☐ Laundry
- ☐ A proper meal
- ☐ Homework check
- ☐ Tidying up
- ☐ Replying to messages
- ☐ Bath night
- ☐ Whatever I promised myself

What is one small thing that would put anything back in the tank today?

Who could take one thing off you, even for an hour?

A low day is not a bad day of parenting. Fed and safe is a whole day's work.