

HOW TO HELP YOUR CHILD REFOCUS AFTER FRUSTRATION

A SharpSeed Response Script for Parents · Lead Magnet Free Edition

When your child shuts down, gets angry, or loses focus, the problem is rarely laziness. It is cognitive overload. When pressure rises, more lecturing or repeating the instruction 20 times only triggers their defense mechanisms.

SHARPSEED FOCUS PROTOCOL

NOTICE -> STOP | RESET THE BODY | RETURN SMALLER

1. NOTICE & STOP

Pause the task immediately before the meltdown escalates.

Say calmly: "We stop here for one minute."

Do not explain the work. Do not yell. Just pause and wait.

2. RESET THE BODY

Lower the physiological stress response before returning to the desk.

Let your child choose one:

- Stand up and stretch
- Take one slow deep breath
- Drink a glass of water
- Change seats or look away

This is not giving up. It is resetting the nervous system.

3. RETURN SMALLER

Never return to the whole page or the heavy task.

Say: "We are not finishing everything. We return to one small part."

Examples: One line, one math problem, one word, one small correction.

Once they finish that single small step, momentum returns.

THE CORE RULE

Do not push harder. Make the task smaller.

A smaller step is how you train the return. Settle the body, keep the boundary, and make the next step exist.

USED WHEN:

- Homework frustration
- Focus loss
- Emotional overload
- Task avoidance

Want the guided 3-minute audio version?

Download it free at: getsharpseed.com/free-parent-audio