

UNBROKEN WITH YAY

You aren't broken. You're just in the middle of a rebuild.

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WORKSHEET 04: THE TRANSITION DAY RESET

Disclaimer: The information provided in this worksheet and the associated podcast is of a general nature only. It has been prepared without taking into account your individual objectives, legal circumstances, or personal needs. While this content is based on extensive learned experience and peer-informed strategy, it does not constitute professional advice. You should consider the appropriateness of this information and seek independent professional advice tailored to your specific situation before taking any action.



WHY KIDS GO FERAL AFTER HANDOVER

"Your kids aren't being bad; they are finally safe enough to fall apart."



THE "SAFETY DUMP"

When your kids return from the other house—especially a high-conflict or high-pressure environment—they have been "holding it together" for days. The minute they step into your home, their nervous system exhales. This often looks like a meltdown, defiance, or "feral" behavior.

Stop seeing the behavior as a personal attack. Start seeing it as a compliment:

You are their safe place.

THE SENSORY LANDING ("QUIET TIME")

Before the kids walk in, set the environment to lower the "input."

The biggest mistake we make is asking questions immediately: "How was it? What did you eat?" To a kid with a fried nervous system, questions feel like an interrogation.

- Dim the lighting:** Create a soft, calm, low-stress atmosphere.
- The Visual Anchor:** Have something familiar already on the TV (e.g., Bluey).
- The Snack Station:** Have a bowl of fruit or crunchy snacks ready on the table (chewing helps regulate the nervous system).
- The Background:** Soft music or low-fi beats—no loud news or talk radio.

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THE INTERROGATION BLACKOUT

For the first 20 minutes, you are a "silent witness."

- **No questions** about the Ex or the weekend.
- **No "Admin" talk** or chore requests.
- **The Pivot Phrase:** If they try to bait you into an argument, use your anchor: "I'm so glad you're home. Let's just have some Quiet Time and fruit first."

THE CONNECTION: THE BEDTIME "HIGH & LOW"

We don't ignore their weekend; we just wait until their "battery" is recharged.

- **The Ritual:** Wait until they are tucked in for "Mummy 1-on-1 Time."
- **The Exercise:** Ask them to share one High (the best part) and one Low (the hardest part) of their weekend.
- **The Goal:** This is a private, safe chat—not an interrogation. Let them share at their own pace.



HOW DOES MY "TRANSITION" LOOK?

Be honest

Think about the last handover.

What was the first thing I asked them?

How was my energy? (Was I tense, hovering, or rushing them?)

One thing I can change next time: (e.g., Dim the lights, have the fruit bowl ready).
