



Safety & Sanity Reflection Checklist

A gentle check-in for calm, confident parenting.

Use this checklist to reflect on how your child—and you—are doing during the cleaning and organizing journey. This isn't about doing everything perfectly. It's about making sure your routines feel safe, supportive, and sustainable.



My Child's Physical Safety

- ☐ Are all chemical products stored out of reach or locked away?
- ☐ Have I created a "kid-safe" cleaning kit they can use confidently?
- ☐ Are tools like stools, vacuums, or sprays being used with supervision as needed?
- ☐ Have I explained clearly which items are for grown-ups only?



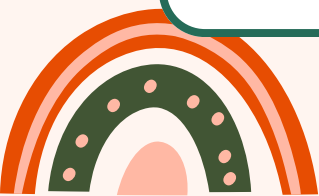
My Child's Emotional Safety

- ☐ Do I notice when they're getting frustrated, overwhelmed, or checked out?
- ☐ Am I offering encouragement more than correction?
- ☐ Have I adjusted my expectations based on how they're feeling today?
- ☐ Am I giving them the chance to take breaks or say "I need help"?



My Parenting Presence


- ☐ Have I paused to check in with myself before reacting?
- ☐ Am I speaking in a tone I would want to be on the receiving end of?
- ☐ Have I reminded myself that building habits takes time and trust?
- ☐ Am I modeling self-compassion when things feel messy or off-track?





The Bigger Picture

- ☐ Are we making progress, even if it's slow or imperfect?
- ☐ Do our routines feel flexible, not forced?
- ☐ Have I celebrated a small win recently—for my child or myself?

 Remember:

You're not just building a cleaner home.

You're building a relationship where your child feels safe, seen, and capable.

