



A PRODUCT OF ANCHOR POINT CALM IN THE STORM

The Homework Battle Reset Kit

Help your child start homework with less yelling,
less shutdown, and less guessing — using
brain-based tools you can try tonight.

7 TOOLS · SCIENCE-BACKED · HUMAN-LED

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BEFORE YOU BEGIN

How to Use This Kit

This kit is designed for one specific situation: homework is about to happen (or has already gone sideways) and you need something concrete right now. Every tool connects back to the same core idea — behavior is often communication, dysregulation, or a brain that is not yet ready. These tools give you a place to start.

The three-part system:

LEARN IT	USE IT	GET HELP IN THE MOMENT
<p>Start with the Effort Brain e-book — a 10,000-foot view of the four parts of the brain and how they work together. Then go deeper into whichever part resonates. The workbooks help you put it into action.</p>	<p>Use the Brain Map, Planner, and First-Step Card when homework time arrives.</p>	<p>When the strategy breaks down, open the Anchor Point app and type what is happening.</p>

The kit is the bridge, not the destination. When a real moment happens — when your child shuts down, melts down, or just won't move — the Anchor Point app is where you go next. It gives you guidance built around what is actually happening in the brain, not just what to say.

The Anchor Point Framework:

Notice Recognize what is happening in your child and in yourself.

Regulate Stabilize the nervous system before trying to teach or problem-solve.

Respond Offer calm, clear guidance once regulation is possible.

Repair Rebuild connection and trust after the hard moment has passed.

The 10-Minute Homework Reset Guide

Use this guide in the 10 minutes before homework begins — or in the first moments of a battle. It is not a lecture. It is a reset sequence.

MIN 1–2 **Check the fuel tank first.** Before anything starts: When did my child last eat? Did they sleep okay? Have they had movement since school? A depleted brain cannot produce effort no matter how much it wants to. If the tank is empty, homework can wait 10 minutes.

MIN 3 **Check your own state.** You cannot co-regulate a dysregulated child if you are also dysregulated. Take three slow breaths. Soften your face. Lower your voice before you open your mouth. Your nervous system sets the temperature in the room.

MIN 4–5 **Reduce the ask to one step.** The assignment feels enormous to an overwhelmed brain. Don't say 'do your homework.' Say: 'Let's find out what the first step is.' One step. That's all. Use the Visual First-Step Card in this kit.

MIN 6–7 **Create the container.** Set a timer for 10 minutes. Say: 'We are working for 10 minutes. Then we stop and check in. You can do 10 minutes.' A defined end point makes the task survivable. A task with no end feels like a life sentence.

MIN 8–9 **Sit nearby without hovering.** Proximity matters. Your calm, quiet presence regulates. But looming over their shoulder adds pressure. Be close enough they feel supported. Far enough they feel trusted.

MIN 10

**Validate before
you coach.**


When the 10 minutes are up — whether they finished a lot or a little — say something true and specific: 'That was hard to start and you started anyway.'
Then decide together what comes next.

If the reset is not working — if your child is shutting down, melting down, or the moment has already escalated — open Anchor Point. Type what is happening. Get guidance in real time.

The "Why They Won't Start" Brain Map

Your child's brain has four parts that work together to produce effort: the Thinker, the Scout, the Spotlight, and the Fuel. When one part is struggling, it pulls on the others. This map helps you see which part is running the show right now — because that tells you what to do next.

BRAIN PART	WHAT IT LOOKS LIKE	WHAT'S ACTUALLY HAPPENING	WHAT HELPS
 <p>THINKER BRAIN</p>	<p>Staring at the page. "What do I do?" repeatedly. Starting in the wrong place. Scattered.</p>	<p>The planning part of the brain isn't working. It doesn't know where to begin — not because they won't, but because that part is offline.</p>	<p>Break it to one step. Use the Mini-Mission Planner. Say: "What is the very first thing? Just that one."</p>
 <p>SCOUT BRAIN</p>	<p>Irritability or tears before homework even starts. Quick to escalate. Already seems angry or shut down.</p>	<p>The alarm system is firing. The brain is in protection mode — not learning mode. Logic won't reach it right now.</p>	<p>De-escalate first. Do NOT start homework yet. Use the 10-Minute Reset. Then open Anchor Point if the alarm won't come down.</p>
 <p>SPOTLIGHT BRAIN</p>	<p>"Just five more minutes." Can't pull away from a screen or activity. Transitions feel catastrophic.</p>	<p>Attention is biologically pulled to whatever has the most dopamine. This is not defiance. It is wiring.</p>	<p>Give a two-minute warning before the transition. Name what you are asking them to leave. Give them an exit point.</p>

 <p>FUEL BRAIN</p>	<p>Flat, slow, can't think, easily frustrated, seems to have given up before starting.</p>	<p>The brain battery is depleted. Sleep, food, movement, and emotional safety all charge it. One or more is missing.</p>	<p>Address the fuel first. Snack, movement, water, 5 minutes low-demand. Homework cannot run on an empty battery.</p>
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WANT TO UNDERSTAND WHAT IS HAPPENING AT A DEEPER LEVEL?

Start with the Effort Brain e-book. Effort is what all four brain parts produce when they work together — and this book shows you how. It is the 10,000-foot view of the whole Brain Team. Then go deeper into whichever part resonates. The companion workbooks help you put it into action.

<p>START HERE Effort Brain (overview of all 4)</p>	<p>Thinker Brain</p>	<p>Scout Brain</p>	<p>Spotlight Brain</p>	<p>Fuel Brain</p>
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anchorpointcalminthestorm.com/products

Not sure which brain is running the show right now? Open the Anchor Point app and describe what you're seeing. It will help you figure out what's underneath.

TOOL 03

Parent Calm Script

Use these phrases as a script — not a lecture. The goal is to reduce emotional heat. Read through before homework time so the words feel natural when you need them.

BEFORE HOMEWORK BEGINS

<p><i>"We've got homework in 10 minutes. I'm going to set a timer."</i></p>	<p>Advance notice reduces the shock of transition.</p>
<p><i>"When the timer goes off, we'll find the first step together."</i></p>	<p>Shrinks the ask before they've even sat down.</p>
<p><i>"Is there anything you need first? Water, snack, a quick stretch?"</i></p>	<p>Checking the fuel tank. Not stalling — science.</p>

WHEN THEY SAY THEY CAN'T DO IT

<p><i>"I believe that it feels impossible right now."</i></p>	<p>Validate the feeling before you challenge the thinking.</p>
<p><i>"We're not going to finish tonight. We're just finding the first step."</i></p>	<p>Shrink the mountain.</p>
<p><i>"I'm going to sit right here with you. You don't have to do this alone."</i></p>	<p>Presence regulates more than words.</p>

WHEN THINGS ARE ESCALATING

<p><i>"I'm going to get quiet for a minute. That doesn't mean I'm angry."</i></p>	<p>Model regulation. Name it so they don't misread your silence.</p>
<p><i>"This moment is hard. Hard doesn't mean wrong or broken."</i></p>	<p>Normalize without dismissing.</p>
<p><i>"Let's take a two-minute pause. Then we'll try again."</i></p>	<p>A pause is not giving up. It is regulation.</p>

AFTER A HARD MOMENT

<p><i>"That was really hard. I'm proud of you for staying with it."</i></p>	<p>Celebrate effort, not outcome.</p>
<p><i>"We got through it together."</i></p>	<p>Reinforce the relationship.</p>
<p><i>"Next time I'm going to try something different. What do you think would help?"</i></p>	<p>Invite them into the solution. Their brain needs ownership.</p>

Child Start Script

These are phrases to use directly with your child — simple, calm, and brain-friendly. Keep your voice low and slow. The tone carries more weight than the words.

TO HELP THEM START

<p><i>"What is one thing you know you can do right now?"</i></p>	<p>Not the whole assignment. One thing they know.</p>
<p><i>"Let's just open the notebook. That's the whole job right now."</i></p>	<p>The first physical action. Nothing more.</p>
<p><i>"You don't have to finish. You just have to begin."</i></p>	<p>Removes the mountain. Creates a doorway.</p>
<p><i>"I'll set 10 minutes on the timer. Ready?"</i></p>	<p>Time box it. A known end = safety.</p>

WHEN THEY SAY "I DON'T KNOW HOW"

<p><i>"Let's read the directions together one time."</i></p>	<p>Side-by-side, not hovering.</p>
<p><i>"What do you think the first word in the answer might be?"</i></p>	<p>One tiny foothold in the wall.</p>
<p><i>"You don't have to get it right. You just have to write something."</i></p>	<p>Removes perfectionism pressure.</p>

WHEN THEY'VE DONE SOMETHING — EVEN A LITTLE

<i>"That's one. See? One is real."</i>	Name the progress concretely.
<i>"Your brain did something hard just now."</i>	Build the identity: I am someone who can do hard things.
<i>"Keep going or take a two-minute break — you pick."</i>	Give them control. Their brain needs ownership to keep going.

A note on tone: If your voice is tense, these words won't land. Your child's nervous system reads your body first and your words second. Slow down. Breathe. Then speak.

TOOL 05

Mini-Mission Homework Planner

A mission is not a task. It is a small, doable win. Each mini-mission should take 5–10 minutes maximum. Fill this in together before homework begins.

Date: _____
 e: _____

Fuel Check ■ Snack ■ Water ■ Move

#	SUBJECT	FIRST STEP ONLY	DONE
1			■
2			■
3			■
4			■
5			■

**BREAK
 PROTOCOL**

After each mini-mission: 3-minute break minimum — movement or quiet, no screens. Say: "Mission complete. Take your break."

If a mission becomes a battle: Stop. Open the Anchor Point app and get real-time guidance on what is happening and what to do next.

TOOL 06

Visual First-Step Card

Print this card. Cut it out. Put it on the homework desk. When your child freezes, point to the card. You don't have to say anything. The card speaks.

FIRST-STEP CARD
When you don't know where to start, answer only this:
What is ONE thing I can write, draw, or circle right now?
<i>Do that one thing. Then stop and breathe.</i>
You did one thing. That counts.

CHILD'S VERSION — Cut out and tape to their desk:

STUCK?	Pick up your pencil. Find the first blank line. Write anything. That is enough.	<i>You are NOT behind. You are just starting.</i>
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TOOL 07

App Prompt Pack

What to type into Anchor Point when homework turns into a battle.

Copy these prompts directly into the app, or use them as a starting point. The app is designed to help you understand what is happening in your child's brain right now — and what to do next.

HOW TO USE THE APP

Go to AnchorPointCalmintheStormApp.com · Type or speak what is happening · Get guidance in about 30 seconds · Then come back to the moment.

THE REAL POWER OF THE APP ISN'T THE FIRST ANSWER.

It's what comes next.

Start with one question. When something in the response resonates — when a strategy feels like it might work — keep going. Ask a follow-up. Go deeper. Get more specific to your child, your moment, your situation.

"Can you say more about that?" "What if they refuse that too?" "We tried that and it made it worse — now what?"

That is where the app earns its place. Not in the first answer. In the conversation that follows.

BEFORE HOMEWORK — RESISTANCE IS ALREADY SHOWING

<p><i>“My child refuses to even sit down for homework. They say it's pointless. What do I do?”</i></p>	<p>Use when shutdown starts before the pencil ever touches paper.</p>
<p><i>“My child is already dysregulated from school. Homework won't go well. How do I approach it?”</i></p>	<p>Scout Brain is already activated. You need a different entry point.</p>
<p><i>“My child says homework is too hard and they don't want to try. They've given up before starting.”</i></p>	<p>Effort Brain in protection mode. Classic avoidance.</p>
<p>DURING HOMEWORK — THE MOMENT IS ESCALATING</p>	
<p><i>“My child just threw their backpack and is screaming. We're five minutes into homework.”</i></p>	<p>The alarm system fired. Stop homework. Start regulation.</p>
<p><i>“My child is crying and saying they're stupid. Twenty minutes on the same problem.”</i></p>	<p>Shame is running the show. This is not a homework problem.</p>
<p><i>“My child and I are yelling at each other. I know I'm making it worse but I can't stop.”</i></p>	<p>Parent dysregulated too. Regulate yourself first — the app will guide you.</p>
<p><i>“My child freezes every time I ask them to move to the next problem. They just stare.”</i></p>	<p>Thinker Brain — executive function breakdown at the transition point.</p>
<p>AFTER HOMEWORK — REPAIR AND REFLECTION</p>	

<p><i>“Homework is done but we both said things we didn't mean. How do I repair this?”</i></p>	<p>The repair phase. Critical for rebuilding trust.</p>
<p><i>“My child did the work but was in tears the whole time. Should I be worried?”</i></p>	<p>Understand what to watch for and when to take it further.</p>
<p><i>“Homework is always a battle. I want to understand what is happening in my child's brain.”</i></p>	<p>Use this in a calm moment to learn and build a plan.</p>
<p>SPECIFIC BRAIN-TYPE SITUATIONS</p>	
<p><i>“My child won't stop what they're doing to start homework. Transition is always a war.”</i></p>	<p>Spotlight Brain — biological attention pull to the current activity.</p>
<p><i>“My child says they're too tired to do homework and nothing I say helps.”</i></p>	<p>Fuel Brain — the battery is genuinely low. Not an excuse. A signal.</p>
<p><i>“My child starts homework, gets distracted, loses their place, then gives up.”</i></p>	<p>Thinker Brain — sequencing and working memory breakdown.</p>
<p><i>“My child does fine with easy problems but shuts down the moment it gets hard.”</i></p>	<p>Effort Brain — fear of failure activating avoidance.</p>

The kit was step one.

When the strategy breaks down in the real moment — when your child is already in it — the app is where you go next.

Open Anchor Point. Type what is happening. Get guidance in real time.

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Behavior is communication, not defiance.

Your nervous system sets the temperature in the room.

Understanding what is happening is always the first step.



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