THE SPACE IN BETWEEN | MY PARENTING JOURNEY

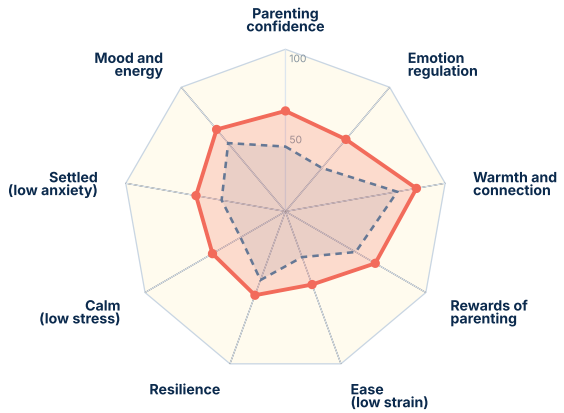
Your profile at the end of Phase 1

EXAMPLE: fictional family

Example parent and child, ages 6. Compared with the start of the programme. Illustrative data only.

You

Start Now



Your child

Start Now

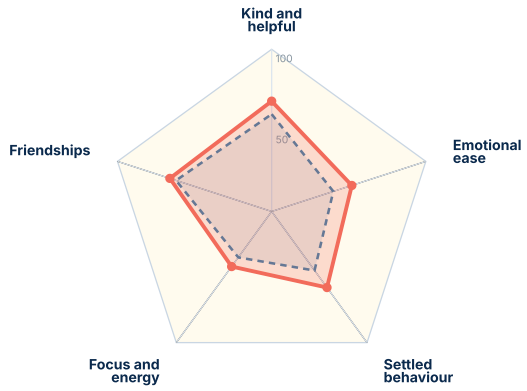


Figure 1. Your profile and your child's profile, start and now. Illustrative data.

What is going well

Warmth and connection	82/100
Mood and energy	66/100
Rewards of parenting	64/100

Biggest changes since the start

Emotion regulation	+23
Parenting confidence	+22
Calm (low stress)	+20

Where there is most room to grow

Ease (low strain)	48/100
Calm (low stress)	52/100
Resilience	55/100

How to read your charts. Every area is shown from 0 to 100, and further out always means stronger. Areas that are about stress or strain are flipped, so a bigger shape is always a good sign. The numbers show where you sit on each scale. They do not compare you with other parents, and they are not a diagnosis. Your shape will move up and down over time, and that is normal.

Your child

What is going well

Kind and helpful	68/100
Friendships	66/100

Where to give a little more support

Focus and energy	42/100
Emotional ease	52/100

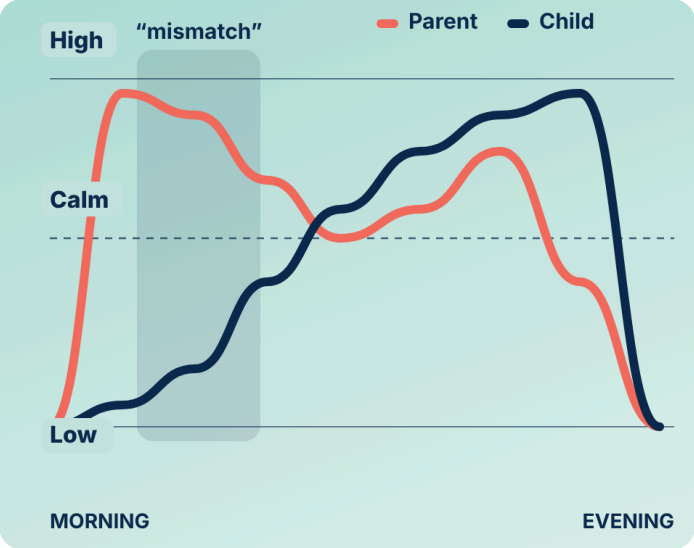


Figure 2. Your day together

Parents and children rarely run at the same pace, especially at the start of the day. A child who is slow to warm up and a parent who is already racing can meet in a "mismatch": the morning rush, the school run, the tea-time meltdown.

In Phase 1 we practise noticing the mismatch first, then bringing your own calm (Stay. Relax. Observe. Connect.).

An illustration of the idea, not your data.

Your focus for Phase 2

1. **Protect what works.** Warmth and connection is your strongest area. Keep the small daily moments that are already working, such as time together without distractions.
2. **Build ease and calm.** Strain and stress have eased but are still your lowest scores. In the next sessions we practise one small reset for you each day (Stay. Relax.).
3. **Notice focus and energy in your child.** Observe when your child finds it hardest to settle, and bring one example to the group call.

What is included with your place

- Short questionnaires at the start and end of each phase (about 15 minutes)
- Your personal profile like this one, for you and your child
- A plain summary of what is going well, what has changed and where to focus
- A suggested focus for the next phase, discussed in your small group

About this example. This is a fictional family with made-up numbers, shown to illustrate the format. Profiles are a reflection, not a diagnosis, and The Space In Between is a parenting education programme, not therapy. The questionnaires include some questions about mood and stress. Parents choose what to share, and if anything worrying comes up we will contact you kindly and point you towards support such as your GP.