

THE THRIVE LETTER

NO. 01 · THE CALM PARENT LETTER
A MONTHLY NOTE FROM SIAN TROMBLEY

Dear reader,

In twenty-five years as an educator and counsellor I have never met a parent who wasn't trying. What I have met, again and again, are parents who are exhausted and quietly convinced everyone else was handed a manual they somehow missed. There is no manual — but there is practice, and there is company.

Thrive Family Company is a therapist-created home for that practice: short courses, printable tools, a research-led journal, and a quiet room built for the adult rather than the child.

“*A child's calm is not taught. It is caught — from a nervous system that has learned to steady itself first.*”

SIAN TROMBLEY, FOUNDER

INSIDE THIS LETTER

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START FREE

The Calm Parent Starter Kit — five short lessons, no cost, no card.

02

THIS MONTH'S TOOL

One therapist-designed printable, free with every letter.

03

READ THE ISSUE

The Thrive Journal, Issue 01 — our full editorial issue, free to read.

A ONE-MINUTE PRACTICE

Before you open the door, take the doorway breath.

- Hand on the frame. In for four.
- Out for six — slower than the in-breath.
- One sentence to yourself: “I can be the calm one here.”

Read it slowly. Take one thing. Leave the rest for another day. You are not behind.

Sian Trombley
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FOUNDER · EDUCATOR & COUNSELLOR

