



5 Tools to Let Go of Mum Guilt and Parent with Calm



Welcome Letter

Hi, I'm Carly Openshaw — founder of Tiny Tools for Big Feelings, mum of four, SEN parent, children's mental health coach, and the kind of woman who's probably done the school run in pyjama bottoms more times than I'd care to admit.

This guide was born from real life. Not the Instagram-perfect, zen parent kind of life — but the actual messy, emotional, loud, beautiful chaos of raising children who feel everything deeply.

I know what it's like to feel like you're running on empty. To lie awake worrying about your child's anxiety. To second-guess yourself, feel guilty, and still keep showing up.

I created Tiny Tools as a movement — not just a brand — to support parents and caregivers like you. You don't need a psychology degree or superpowers to help your child. You just need practical tools, emotional validation, and someone to remind you: you're doing better than you think.

These 5 free tools reduce anxiety, increase calm, and help you reconnect with your child in moments of overwhelm.

Take a breath. You're not alone anymore.
Let's walk through this together — one tiny tool at a time.
With love,
Carly x

A photograph of a family in a living room, overlaid with a purple and orange gradient. A woman is sitting on the floor, looking down with her hand on her head. A man is sitting on the sofa, looking away with his hand on his head. Two children are standing on the sofa, one holding a striped shirt. A purple balloon is on the floor.

Tool 1: Redefine Perfect

Perfection is a myth that robs us of presence. When we chase the **'perfect mum'** image, we set ourselves up to feel like failures. Real parenting is messy, unpredictable, and human — and that's exactly what your child needs.



Activity: Reflect on what you used to think perfect parenting looked like. Write your new vision: 'What would parenting look like if guilt didn't get a vote?'

Tiny Tools Tip: Stick your new vision somewhere you'll see it every day.



Tool 2: Externalise the Mental Load

Your brain isn't meant to carry it all. The mental load — remembering appointments, snacks, emotional states, and schedules — is invisible but heavy. Writing it down gives you power back.



Try this: List everything running in your mind. Highlight what can be delayed, deleted, or delegated. Now circle only what matters today.

Tiny Tools Tip:
Delegating isn't failure
— it's leadership.






Tool 3: Embrace the Parenting Fails

We all have those moments — the forgotten P.E. kit, the bedtime meltdown, the dinner that ended in cereal. But your worst moment isn't your legacy. It's a teaching opportunity.

Reflection: What went wrong? What did your child really need? What did you learn? Tiny Tools

Tip: Own your humanness out loud. It gives your kids permission to be human too.



Tool 4: Set Boundaries Without Guilt

Saying no doesn't mean you're mean — it means you're maintaining energy to say yes to what matters. Boundaries help you protect your peace, your time, and your child's sense of what's healthy.

Try saying: 'I'm not available for that today.' or 'That doesn't work for us right now.'

Tiny Tools Tip: The most powerful 'yes' is the one that comes after a grounded, guilt-free 'no.'

Tool 5:

Unfollow to Rebalance

Your online space should make you feel empowered — not inadequate. When we constantly compare, we shrink. Create a space that supports your reality, not someone else's filter.

7-Day Cleanse: Unfollow, post something real, journal a win, compliment a mum, swap scrolling for rest, share a messy victory, reflect.

Tiny Tools Tip: You curate your home — curate your feed the same way.





Bonus Affirmations

- I am enough just as I am.
- My imperfections make me a real and loving parent.
- It's okay to ask for help.
- I choose presence over perfection.
- I let go of guilt and lean into joy.

About Tiny Tools CIC

Tiny Tools for Big Feelings CIC supports children, parents, and families with anxiety, emotional wellbeing, and mental health coaching. We work in schools, care services, and with parents directly. Every sale funds free or subsidised coaching for families who need it most.



Want More?

This free guide is just the beginning. Grab the full book — Tiny Tools for Big Guilt: Letting Go of Perfect Parenting — to go deeper. Available now in the Tiny Tools Stan Store.

Connect With Tiny Tools

Thank you for reading this guide — I hope it reminded you that you are already enough, just as you are.

If you'd like to dive deeper into letting go of guilt, reclaiming calm, and supporting your child's emotional wellbeing, you can grab the full book:

Tiny Tools for Big Guilt: Letting Go of Perfect Parenting Available now via my Stan Store.



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Every sale helps fund free and subsidised anxiety coaching sessions for children and families through our CIC. Thank you for being part of this impact.

