

THE “COCO PARENT GUIDE”

A gentle, practical companion for understanding your child’s temperament, neurodiversity, and emotional world

Welcome from Coco

I’m Coco. I don’t speak in words, but I understand children deeply.

I notice their cues. I honor their wiring. I respond gently. I help them feel safe.

This guide teaches you to do the same — with simple tools, clear scripts, and temperament-aligned strategies you can use today.

Let’s begin.

SECTION 1 — Temperament Cheat Sheets

SJ Child — The Stabilizer

Core needs: predictability, clarity, structure. **Strengths:** reliability, responsibility, consistency.

Stress triggers: sudden changes, unclear expectations, chaos

How to support them:

- preview transitions
- break tasks into steps
- use visual schedules
- offer reassurance
- celebrate follow-through

Coco reminder: “Prepare me, and I can adapt.”

SP Child — The Explorer

Core needs: movement, novelty, hands-on engagement. **Strengths:** creativity, spontaneity, quick problem-solving. **Stress triggers:** stillness, boredom, rigid rules

How to support them:

- use movement for regulation
- keep instructions short

- allow safe risk-taking
- offer fast resets
- celebrate adaptability

Coco reminder: “Let me move, and I can bounce back.”

NF Child — The Idealist

Core needs: emotional safety, expression, gentleness. **Strengths:** empathy, imagination, intuition. **Stress triggers:** harsh tone, conflict, feeling misunderstood

How to support them:

- validate feelings
- use soft tone
- offer creative outlets
- build meaning from challenges
- celebrate kindness

Coco reminder: “Help me feel safe, and I can grow.”

NT Child — The Strategist

Core needs: logic, independence, clarity. **Strengths:** analysis, insight, problem-solving. **Stress triggers:** emotional pressure, inconsistency, micromanagement

How to support them:

- explain the “why”
- offer choices
- use cognitive reframing
- give independent recovery time
- celebrate insight

Coco reminder: “Give me clarity, and I can overcome anything.”

SECTION 2 — Neurodiversity Cheat Sheets

Autistic Child

- needs predictability
- needs sensory safety
- needs clear expectations
- needs time to process
- needs gentle transitions

Coco reminder: “Connection doesn’t need words. It needs patience.”

ADHD Child

- needs movement
- needs novelty
- needs external structure
- needs short tasks
- needs quick recovery

Coco reminder: “Your mind loves novelty. Let’s use that.”

Gifted Child

- needs challenge
- needs emotional support
- needs permission to fail
- needs meaning
- needs intellectual engagement

Coco reminder: “You don’t have to be perfect to be brilliant.”

Sensory-Sensitive Child

- needs quiet spaces
- needs gentle environments
- needs sensory tools

- needs slow transitions
- needs reassurance

Coco reminder: “Quiet is a safe place. You can rest here.”

SECTION 3 — Meltdown Scripts (Temperament-Aligned)

Build-Up Phase

SJ: “I see this is getting hard. Let’s slow down.” **SP:** “Your body needs a reset. Let’s move.” **NF:** “I’m right here. Tell me what feels big.” **NT:** “Pause with me. Something isn’t making sense.”

Peak Phase

SJ: “You’re safe. I’m here.” **SP:** “I’m staying close. Your body is working hard.” **NF:** “You’re not alone. I’m with you.” **NT:** “I’ll stay nearby. We’ll reset when you’re ready.”

Recovery Phase

SJ: “That was hard. You did your best.” **SP:** “Your body reset. You’re okay.” **NF:** “You felt big feelings, and you came through.” **NT:** “You regained control. That shows strength.”

SECTION 4 — Transition Scripts

SJ: “Here’s what comes next.” **SP:** “Race you to the door.” **NF:** “We’ll do this step together.” **NT:** “Here’s the reason for the change.”

SECTION 5 — Sensory Overload Scripts

SJ: “Let’s go somewhere quiet.” **SP:** “Let’s step outside and move.” **NF:** “This is too much. I’m here.” **NT:** “Let’s get to a calm space.”

SECTION 6 — Resilience Builders

SJ Resilience

- practice transitions
- preview challenges

- celebrate reliability

SP Resilience

- movement resets
- hands-on coping tools
- celebrate adaptability

NF Resilience

- emotional naming
- creative expression
- celebrate empathy

NT Resilience

- cognitive reframing
- independent recovery
- celebrate insight

SECTION 7 — Coco's Reminders for Parents

- "Slow down. Your calm helps your child calm."
- "Notice the small cues — they tell you everything."
- "Connection first. Correction later."
- "Your child is doing the best they can with the tools they have."
- "You don't need to be perfect. You need to be present."
- "Understanding is the foundation of safety."
- "Your child's wiring is not the problem — the mismatch is."
- "Attunement is love in action."

SECTION 8 — Quick Reference Cards

Temperament at a Glance

SJ — structure; SP — movement; NF — emotion; NT — logic

Neurodiversity at a Glance

Autistic — predictability; ADHD — novelty; Gifted — challenge; Sensory-sensitive — gentleness

Meltdown Model

1. Build-Up
2. Peak
3. Recovery

Coco's Core Message

Every child deserves to be understood in the way their wiring requires.

SECTION 9 — A Final Word from Coco

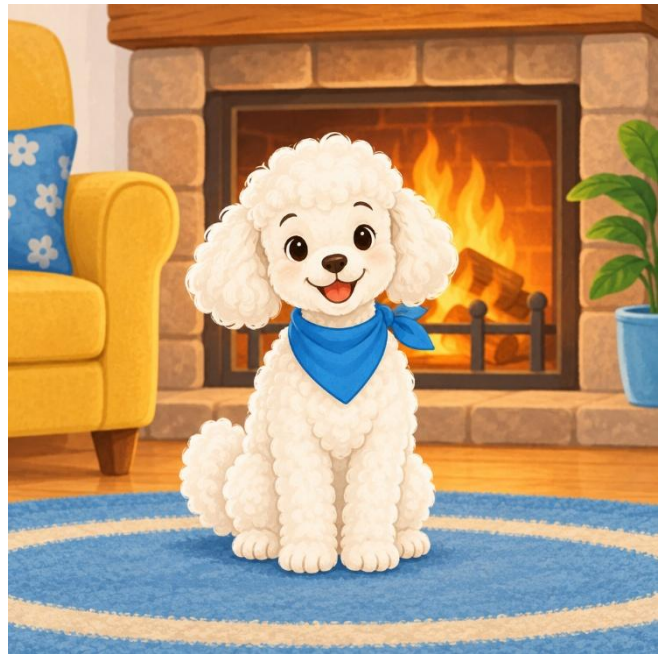
I'm Coco. I don't judge children. I don't rush them. I don't try to change who they are.

I meet them where they are. I respond to their wiring. I help them feel safe.

You can do the same.

Your child doesn't need perfection. They need presence. They need attunement. They need understanding.

And you're already learning how to give them that.



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WHERE THOUGHTS BECOME WORDS

Look for all of Coco's books on Amazon. Search "**Dan Crider**" to see all Coco's books!