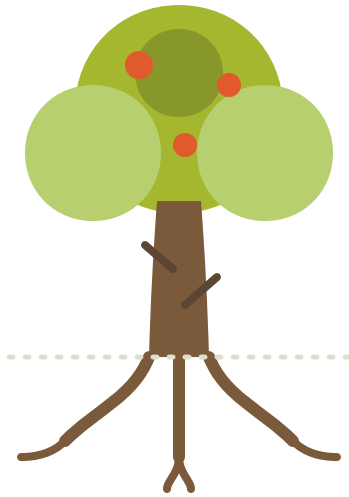


THE FRAMEWORK

Roots & Wings, at a Glance

Everything grows one tree — from a calm base to confident independence. The anchor to keep.



Leaves = Independence
Thriving in school — and in life.

Branches = Confidence
“I can do hard things.”

Trunk = Skills
Focus, memory, organization.

Roots = Safety & Habits
Belonging, routine, a calm base.

Fade the help

I do
I show you how — you watch.

We do
We do it together, side by side.

You do
You try it; I’m nearby if needed.

Scaffolding: lend exactly as much support as the moment needs — then quietly remove it as your child can carry more.

The confidence staircase

“I’ve got this” The belief sticks.

Repeat Reps turn “I can’t” into “I can.”

Praise effort Name the strategy, not the talent.

Small win Make success reachable.

Confidence is a staircase, not a switch. Praising effort and strategy helps most for the kids who need it most.