



# Calm, confident parenting.

## Every day.

Get personalized support for real-life moments with kids 5–17.



### Daily Insights

Get practical tips and gentle reminders to guide your day.



#### Today's Insight

Connection before correction helps kids feel safe and more willing to listen.



### Ask BrightParent

Get real-world answers & speakable scripts in seconds.



How do I handle bedtime without a fight?



"I know you're not tired yet. Let's do 10 more minutes, then it's lights out."



### 7-Day Programs

Step-by-step plans for big parenting challenges.

#### Calmer Bedtime in 7 Days



Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7



### Stronger Connection

Build trust, improve communication, and feel closer to your child.



Download on the  
**App Store**



Parent-focused. Expert-informed.  
Designed for kids 5–17.