



Because healing begins with you –
and continues through your child

*Calm Parent –
Happier Child Guide*

www.healedtraumas.com

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01 Introduction – About Me

As a child, I often felt alone with my emotions.

I didn't always receive the attention, acceptance, or safety every child truly needs.

For a long time, I didn't understand why I overreacted or why it was hard to stay calm during stress.

Now I know: the roots reach deep into childhood.

As a clinical hypnotherapist and RTT specialist, I support parents who want to pass on a different pattern – one with more understanding, more love, and less yelling.

This guide was born from the heart. For those who don't want to be perfect parents – just present ones.

Those who make mistakes, but are willing to grow.

Those who believe change is possible – and that healing begins within.

With Love, Tunde Toth Clinical Hypnotherapist, RTT Therapist
Author and Wellness Consultant

02

SELF-REFLECTION QUESTIONS

What do you carry from your childhood into your parenting?

Healing always begins with awareness.

Before you can respond differently, you must first see where your current reactions come from.

These questions help you understand your story – and how it affects your relationship with your child.

Instructions: Take your time. Be honest and gentle with yourself as you reflect.

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02

SELF-REFLECTION QUESTIONS

Questions:

- How did your parents treat you when you made mistakes?
- Do you remember phrases you often heard at home?
- What feelings come up in you when your child “misbehaves”?
- Do these feelings feel familiar from your past?
- What did you learn about showing emotions as a child – were you allowed to cry, feel, or be afraid?

Daily mantra: “Every moment is a chance to start again.”





03

CASE STUDY

A STORY THAT MAY SOUND FAMILIAR

A mother came to me and said:

"I love my child, but when they throw tantrums, I feel a rage I can't control. Afterwards I cry and feel ashamed."

During hypnotherapy, we traced this uncontrollable feeling back to its origin.

A memory from age 6 surfaced: she had been humiliated at school for not knowing an answer in front of the class.

She wasn't just small and powerless back then – her adult rage stemmed from that same wound.

Parenting moments where the child "disobeys" reactivated this deep, forgotten pain stored in her body.



03

CASE STUDY

Through therapy, she could reframe the memory:

As an adult, she now had choice, voice, and power.

“After RTT, I was finally able to stop myself from yelling. I heard the inner child in me who just wanted safety. Now I can give that safety to my own child too.”

– Sarah, 38, mother of two

Many carry such invisible memories that quietly shape our present.

The good news: they can be recognized, rewritten – and you don’t have to live by them forever.

04

STRESSFUL MOMENTS – PRACTICAL HELP

Scenario:

You're in the middle of a store. Your child demands chocolate.

You're in a hurry. They scream, lie on the floor.

People are staring. You feel anger, shame, helplessness rise...

This is when the "autopilot" can easily kick in – and we yell just to restore order.

But there is another way.



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STRESSFUL MOMENTS – PRACTICAL HELP

Gentle response steps:

1. Pause.
2. Take three deep breaths.
3. Say to yourself: *“This isn’t dangerous. Just loud. My child isn’t against me – they’re learning life with me.”*
4. Squat down to their eye level.
5. This posture alone reduces tension for both of you.
6. Speak softly.
7. Try saying: *“I see this is really hard for you. I’m here. I’ll help.”*
8. If they’re crying and not speaking – just breathe with them. Your presence is your message.
9. Don’t try to “fix the problem” – try to preserve the connection.
10. They may not want the chocolate – they want to feel safe, to know they won’t lose you even when they’re upset.

05

SELF-REGULATION TOOLKIT FOR PARENTS

5 simple, body-based tools to help regulate your nervous system and return to calm.

Parenting can stir up deep emotions – especially when your child is crying, resisting, or testing your boundaries.

This toolkit offers 5 simple, body-based techniques to help calm your nervous system and bring you back to the present moment.

1. 🙌 Butterfly Hug

Cross your arms and tap your shoulders alternately, gently. Breathe slowly.

→ Calms overwhelm and brings a sense of safety.

2. ❤️ Hand-on-Heart Pause

Place one hand on your heart, one on your belly. Close your eyes and breathe 3 times.

Say: “I am safe. I am here. I can choose connection.”

→ This activates the parasympathetic nervous system (the calming response).

05

SELF-REGULATION TOOLKIT FOR PARENTS

3. 🧑 5-4-3-2-1 Grounding

Name:

- 5 things you see
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

→ Brings you back from mental spirals into the now.

4. 🌀 Sighing Breath

Inhale slowly through the nose, exhale with a loud sigh through the mouth.

Repeat 3 times. Let your shoulders drop.

→ Releases tension and resets the nervous system.

5. 🖐️ Finger Tracing

Hold one hand up. With the other, trace each finger:

- Inhale going up
- Exhale going down

→ A tactile tool – even your child can learn it.



RTT OVERVIEW

Why RTT – Rapid Transformational Therapy – is so effective

RTT combines the most powerful elements of hypnotherapy, psychotherapy, NLP, and cognitive behavioral tools – into one method that works directly with the subconscious mind.

In traditional therapy, a person may talk about their problem for years.

But true change happens when we identify and reprogram the root of the issue – which is often hidden in early memories, beliefs, and emotional patterns.

🔍 RTT brings this to light gently, safely, and with lasting effect.

Through a deep, relaxed state of mind, we can:

- uncover the root of the current emotional reaction
- understand it
- and then transform it with healing suggestions

What took years in talk therapy, RTT can often shift in just 1–3 sessions.



06

RTT OVERVIEW

What Happens in an RTT Session?

- We explore the recurring patterns behind your challenges
- I guide you back to the earliest memories where these began
- We rewrite and reframe those experiences – so you can respond as the adult you are today
- At the end of the session, you receive a personalized audio recording to listen to for 21 days, reinforcing the new, supportive beliefs

This is an inner shift – where insight leads to true emotional freedom.



David – who found belonging in alcohol... and nearly lost everything because of it

As a teenager, David found acceptance through alcohol – it was the “language of belonging” among his friends.

But as an adult, the habit damaged his relationships, bringing distance, shame, and isolation.

During RTT, we returned to a teenage memory where he first felt that he only mattered if he was part of the group centered around drinking.

The root issue wasn't alcohol itself – it was the fear of rejection.

"I realized drinking made me feel accepted as a teenager – but ruined my relationships as an adult. RTT showed me I don't need alcohol to feel connected. I'm free."

— David – former alcohol and drug addict

James – who finally heard the cry of the little boy behind the anger

As an adult, James experienced frequent outbursts of anger. He would explode over small things, especially in his relationship and at work. He was often overwhelmed with guilt but didn't understand why he couldn't control himself.

During hypnosis, a forgotten childhood memory surfaced: he was 5 years old when he first felt like a "bad boy" – and learned that emotions should be hidden. The suppressed pain turned into anger, which no one could handle – neither him nor those around him.

"I didn't believe this would work. But in that state, something clicked.

I was always angry. Now I understand why – and I've finally found peace with my past. RTT and Tünde helped me break the cycle. I'm no longer controlled by my story."

— James – childhood trauma survivor



BOOK RECOMMENDATION

21 Days to Peaceful Parenting

Break the Yelling Cycle and Build Connection

This book supports you with:

- Daily self-reflection
- Emotional regulation practices
- Gentle parenting scripts
- Conscious discipline tools
- Affirmations and parent mantras

✨ **If you want to raise your child with more connection and less chaos, this book is for you.**

 Download the Kindle version here:

UK: <https://www.amazon.co.uk/dp/B0F77HZTK1>



Tünde Tóth

21 DAYS TO PEACEFUL PARENTING

Break the Yelling Cycle, Reconnect with Your Child, and Raise Them with Calm and Confidence

21 DAYS TO PEACEFUL PARENTING: Break the Yelling Cycle, Reconnect with Your Child, and Raise Them with Calm and Confidence Kindle Edition

by [Tünde Tóth](#) (Author) | Format: Kindle Edition

5.0 ★★★★★ (4) [See all formats](#)

Are you tired of yelling, guilt, and power struggles? You're not alone — and you can change. In *21 Days to Peaceful Parenting*, therapist and wellness coach Tünde Tóth guides you through a powerful step journey to help you stop yelling and start connecting. Backed by neuroscience, client case studies, and her own healing story, this guide gives you the tools to:

- Understand your triggers and regulate your emotions
- Set boundaries without yelling or punishment
- Help your child feel safe, heard, and understood
- Break generational cycles of verbal and emotional harm

With just 5 minutes a day, you'll shift from reactive to responsive — and build a more peaceful, connected relationship with your child for life.

Even if you've yelled before, you can start again. This guide will show you how.

Print length	Language	Accessibility	Publication date	File size
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08

BOOK RECOMMENDATION

Giveaway – just one review away!

 Leave a **5-star review** and send a **screenshot** to:
tttherapysolutions@gmail.com

➔ You'll be entered to win a **free RTT** hypnotherapy session worth **£250!**

 Draw: **June 30**



09 Services

What You Can Expect from Me – Complete Mind-Body Renewal

Whether you want to restore your health naturally, gain mental clarity, or achieve peak performance, my personalized programs effectively combine subconscious reprogramming, nutritional guidance, and mind-body optimization.

◆ **BASIC – Holistic Health Renewal**

For those who wish to restore their health naturally:

- 90-minute consultation with a personalized Ayurvedic nutrition and lifestyle plan
- Support for gut health, cardiovascular system, hormonal balance, and fertility
- Recommendations for organic, plant-based supplements
- Lifestyle improvement guidance and 2 weeks of online support
- ★ Ideal for boosting energy levels, lowering stress levels, improving digestion, and achieving natural mind-body balance.

◆ **STANDARD – Rapid Mind-Body Reset**

For busy professionals seeking a full recharge:

- One deep RTT hypnotherapy session (up to 180 minutes)
- Release of emotional blocks + digestion-friendly diet to support mental performance
- Guided self-hypnosis audio + productivity toolkit
- 3 weeks of online support (WhatsApp/email)
- 🔥 Ideal for entrepreneurs, executives, and high-performance clients.

◆ **PREMIUM – Peak Performance Transformation**

For those seeking lasting change and a true breakthrough:

- Two hypnotherapy sessions (2 × 180 minutes) with deep subconscious reprogramming
- Advanced nutrition and biohacking plan
- Performance-enhancing techniques and audio support
- 6 weeks of online support (WhatsApp/email)
- ◆ Designed for leaders, visionaries, and those ready to rise to the next level.





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HYPNOTHERAPY PRACTICE –
RELAXATION FOR PARENTS

Try this free guided relaxation!

Please do not listen to this practice while driving or in any situation that requires your full attention.

Warning: If you struggle with epilepsy, begin the exercise with your eyes closed and do not look upward!

- **Turn on Do Not Disturb mode on your phone.**
- **Ask someone to look after your child if needed.**
- **This is your time.**

👉 To access the guided audio:

🎧 **[\[Click here\]](#)**

If you'd like to work more deeply on your childhood wounds, or need guidance on which service would best support you, book a **free 35-minute** consultation **[here](#)**.

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