

# The Daily Dilemma Deck

1. The baby won't stop crying

-> Strap baby in a sling. Go for a walk. Audiobook for the others.

2. The toddler is drawing on the walls

-> Wipe it down together. Call it art. Deep breath.

3. The big kid refuses all work

-> Switch to playdough and a documentary. Try again later.

4. Everyone's arguing

-> Turn on music. Everyone gets a job. Reset the energy.

5. Mum's losing it

-> Screens on. Chocolate out. Text a friend. You're not alone.

6. No one wants to go outside

-> Snacks in backpacks. Nature treasure hunt. Race to the tree.

7. Too much noise

-> Quiet boxes out. Headphones for Mum. Calm playlist.

8. Can't do anything structured

-> Play a board game. Read a comic. Let curiosity lead.

9. No one's dressed

-> Call it a PJ day. Read books. Bake something. No guilt.

10. The house is wrecked

-> Set a timer. 10-minute tidy dash. Reward with popcorn.

11. Too much screen time

-> Watch an educational video. Ask one question about it.

12. Nothing is working

-> Pick one child. Connect deeply. Let the rest be messy.

## Blank Dilemma Cards

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