--- FREE BONUS GUIDE · FOR PARENTS

How to Support Your Child's Shidduch Journey *Without Taking Over*

A mother's heart is deeply invested in her child's happiness. This guide will help you become a source of strength, clarity, and encouragement.

--- SIX CHAPTERS

A source of strength, clarity, and encouragement

1

Your Child's Journey Is Not Your Report Card

Let go of unnecessary guilt. Learn the difference between influence and responsibility.

Reflection: *What am I carrying that does not belong to me?*

2

Listening Is Often More Powerful Than Advising

Create emotional safety. Listen to understand, not merely to respond.

Reflection: *Am I listening to understand, or listening to respond?*

3

Becoming a Messenger of Hope

Replace fear-based communication with hope-based communication.

Reflection: *What message does my child hear most often from me?*

4

When to Speak and When to Stay Quiet

Learn to distinguish between support and anxiety-driven involvement.

Reflection: *Am I helping because my child needs it, or because my anxiety needs relief?*

5

Start Earlier, Not Later

Build communication, self-awareness, and resilience before a crisis develops.

6

Five Things Your Child Needs From You

Belief, Patience, Listening, Encouragement, and Perspective.

--- YOUR TURN

Final Exercise

I want to stop:

I want to start:

One message of hope I want my child to hear this week:

One small step I will take this week:

A mother's role is not to carry her child's future. A mother's role is to help her child carry it.

Yancheinu · Mrs. Eisenbach · Call/Text 347-766-2269 · 718-926-4773 · yancheinucoaching@gmail.com · yancheinu.com