

THE CALM KITCHEN STRESS CHECK



A 5-minute checklist to see where dinner pressure builds up and what needs support first.

If dinner already feels stressful before you have chopped a single carrot, you are not alone. Hungry children, last-minute decisions, interruptions and tired parents can make the whole evening feel difficult before cooking even begins. This is not a test of how organised you are or how well you cook. It is a quick way to notice where the pressure builds most often, so you can stop trying to change everything at once.

Tick each statement that feels true on most evenings. Then count your ticks in each section. Your highest score shows where a little more support could make the biggest difference.

1) STRESS BEFORE COOKING (The Evening Transition)

- ☐ I start cooking when everyone is already hungry, including me.
- ☐ My child becomes upset or clingy as soon as I enter the kitchen.
- ☐ I decide what to make at the last minute.
- ☐ I feel tense before I start, as though dinner is another test.
- ☐ I try to cook while also managing emails, laundry or other jobs.
- ☐ I reach the kitchen already feeling overwhelmed.

Total ticks: Stress Before Cooking ____

2) STRESS DURING COOKING (Decisions & Interruptions)

- ☐ I am still choosing a recipe while everyone is already hungry.
- ☐ I realise halfway through that I am missing ingredients.
- ☐ I choose meals with too many pans or steps and regret it.
- ☐ Someone needs me every few minutes ('Mamaaa! Papaaa!').
- ☐ I rush, multitask and struggle to feel present.
- ☐ I end up serving snacks or giving up because dinner feels too hard.

Total ticks: Stress During Cooking ____

3) STRESS AT THE TABLE (Pressure & Connection)

- ☐ Complaints begin before anyone has tasted the food.
- ☐ I negotiate bites or ask, 'Just three more, please'.
- ☐ I prepare a separate meal to avoid conflict.
- ☐ Everyone seems to arrive at the table ready for a battle.
- ☐ I leave dinner feeling frustrated, guilty or exhausted.
- ☐ We do not really connect. We simply get through dinner.

Total ticks: Stress At The Table ____

YOUR RESULTS

Circle your highest score:

1) Stress before cooking ____ 2) Stress during cooking ____ 3) Stress at the table ____

If two sections are tied, start with the one that happens earliest in your evening.



WHAT YOUR DINNER STRESS IS TELLING YOU AND WHERE TO START

Your result is not a judgement on your parenting or cooking. It simply shows where the evening begins asking too much of you. Start with the section where you scored highest.

One small change will not solve every dinner, but it can reduce enough pressure to make the next part of the evening easier.

If your highest score is

1) STRESS BEFORE COOKING

You do not necessarily need more time.
You need a gentler transition into dinner.

What this means: by the time cooking begins, you and your children may already be hungry, tired and overloaded.

What is really happening: The evening is moving from one demand straight into another, without enough time to settle.

Try this tonight: Choose one two-minute transition cue before cooking. Put on music, drink a glass of water or offer the children a simple hold-over snack.

The reassuring truth: When the transition feels calmer, cooking becomes easier and the table often softens too.

If your highest score is

3) STRESS AT THE TABLE

It may not be that your child simply 'will not eat'.
The table may already feel charged.

What this means: Mealtime is where the day's pressure becomes visible through complaints, negotiation and resistance.

What is really happening: When children sense pressure around eating, they often become more cautious or oppositional.

Try this tonight: Use neutral language: 'This is what we are having. You can decide what and how much to eat'. Include one familiar food where possible.

The reassuring truth: Curious eating develops through safety and repeated exposure, not through pressure at a single meal.

If your highest score is

2) STRESS DURING COOKING

You don't need more willpower.
You need fewer decisions.

What this means: You are choosing, preparing and problem-solving while already under pressure.

What is really happening: Late decisions, missing ingredients and constant interruptions create the feeling that you are always behind.

Try this tonight: Before you begin, place the ingredients and equipment you need on the counter. Five minutes of setup can remove several decisions later.

The reassuring truth: A simpler cooking process can create the feeling of having more time, even when the clock has not changed.

A small change can make tonight easier. But if stress shows up before cooking, during cooking and at the table, another recipe alone may not be enough.

The Calm Kitchen Reset is designed to support the whole evening. It helps reduce decisions before dinner, simplify what happens in the kitchen and bring less pressure to the table.

Ready for a calmer 21-day rhythm?
Continue to see what is included.



YOU HAVE FOUND WHERE DINNER NEEDS SUPPORT. NOW LET'S MAKE THE WHOLE EVENING EASIER.

If this checklist felt familiar, you are exactly who The Calm Kitchen Reset was created for. Not because you need to try harder. Because family dinner may currently depend on too many decisions, too much last-minute effort and too little room for real life.

The Calm Kitchen Reset is a practical 21-day programme that helps busy families reduce dinner decisions, simplify everyday meals and create a calmer rhythm around the table.

WHAT WILL HELP YOU THROUGH THE 21 DAYS



Your Dinner Reset Roadmap

A clear 21-day path so you know what to do first, what to simplify, and how to make the reset fit real family life.



21-Day Meal Plan

A done-for-you weekday dinner rhythm that takes daily decision-making off your plate.



Flexible Recipes: Full Version + Simplified Version

Every recipe gives you two ways in: the full family meal, and a simplified version for evenings when you need dinner to be easier.



Shopping Lists

Use the full list when you're ready, or the simplified list when you need fewer ingredients and less overwhelm.



Real-Life Rescue Meals

Backup dinners for the nights when everything goes wrong. Some evenings need a plan B.



Emotional Toolkit

Simple guidance for the hungry, clingy and impatient moments that often surround dinner.



Implementation Toolkit

Practical checklists and trackers to help the system fit into a busy week.



Mealtime Curiosity Games

Playful activities that help children explore food and reconnect before and at the table.

BONUS

LAUNCH BONUSES

Included for early members

Veggie Emotion Check-in

A playful tool that helps children express feelings and gives parents a quick sense of the family mood.

Coloring Book for ages 3-7

A calm food-themed activity for little hands before, during or after dinner preparation.

Calm Kitchen Reset opens on 1 September.

Join the waitlist for first access to the programme, the €89 launch price and the launch bonuses.



JOIN THE WAITLIST + SECURE THE €89 LAUNCH PRICE

Dinner does not need to be perfect. It needs fewer decisions, less pressure and more room for your family.