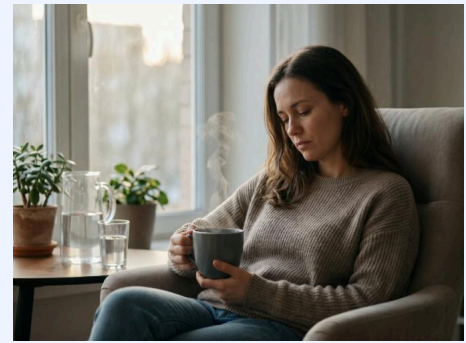


SELFTRACE for Parents

A clearer way to read reactions, fatigue, and parenting patterns.



Vertical

Parents, family support, and child-raising education

Focus

SELFTRACE for Parents

Core

Scientific + actionable

SELFTRACE helps parents observe how they react in situations of limit-setting, guilt, fatigue, conflict, and emotional overload with their children. That creates more clarity to educate without repeating costly automatic responses.

What makes this valuable

- Accessible experience to review reaction, boundaries, and regulation in parenting.
- Focused on observable behavior and small practical alternatives.
- Helps distinguish fatigue, control, guilt, and avoidance in real time.

Use cases

- Discipline, screen-time, overload, guilt, and conflict scenes.
- Parenting education and self-regulation programs.
- Support for families living through exhaustion, confusion, or repeated friction.

Relevant benefits for this sector

- More clarity before yelling, withdrawal, or emotional exhaustion appears.
- A better language to talk about parenting without moralizing.
- Clear value for families who want more presence and better decisions.

Sharing notes

- Strong fit for parent schools, family guidance, and digital programs.
- Can be used as an individual experience or as a support complement.
- Connects strongly with real concerns of modern parenting.

Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>