

FOR THE HARDEST MOMENT TONIGHT

Tonight's Script

Word-for-word scripts you can use in the next 24 hours. Screenshot the one you need.

Meltdown starting

Don't say: "Stop it right now."

Say instead: "Your body is telling me it needs help. I'm right here. You don't have to talk yet."

Body cue: Get lower than your child. Palms open.

Transition off screens

Don't say: "Turn it off. NOW."

Say instead: "In 2 minutes the tablet goes to sleep. Do you want to pick the last thing, or should I?"

Body cue: Sit next to them for the 2 minutes. Don't hover.

Hitting a sibling

Don't say: "We don't hit! Go to your room!"

Say instead: "I won't let you hurt her. Come with me. We're going to reset together."

Body cue: Move your body between them. Take your child's hand, walk together.

Bedtime battle

Don't say: "If you get out of bed one more time..."

Say instead: "Your body isn't sleepy yet. That's okay. Let's do 4 slow breaths and I'll rub your back for 60 seconds."

Body cue: Sit on the floor next to the bed. Phone away.

The morning "no"

Don't say: "We're going to be late! Get dressed!"

Say instead: "Red shirt or blue shirt? You pick. I'll help with socks."

Body cue: Kneel to their eye level. Hold both shirts up.

After the storm — repair

Don't say: "See what happens when you don't listen?"

Say instead: "That was hard for both of us. I love you when you're calm AND when you're not. Let's start over."

Body cue: Offer a hug. If they say no, sit near them until they say yes.

Repair every time. Kids don't remember the meltdown. They remember what happened after.