

Tonight — relief in 10 minutes

Open one page and know exactly what to say in the next hard moment.

10 PRINTABLE PAGES IN THIS KIT

The Behavior GPS Method™ — the 4 moves on every page

1. SPOT THE CLUE — What is the behavior telling you?
2. NAME THE NEED — Say the need out loud before the rule.
3. RUN MONAE'S 3 STEPS — Stop. Breathe. Say what I need.
4. TRACK THE CHANGE — Write what happened. That is your proof.

How to use this kit

- Print it. Do not read all of it tonight.
- Pick the ONE page that matches tonight.
- Put that page on the fridge.
- I DO: you model it. WE DO: you practice it together on a calm day.
- YOU DO: your child tries it alone. Use one page for a week.

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Tonight's Script (by struggle)

You do not have to think of the words while your child is screaming. Read these.

DO THIS

1. Stop talking for five seconds. Let the room get quieter than the yelling.
2. Get low. Put your eyes at your child's eye level, an arm's length away.
3. Name the feeling out loud before you name the rule.
4. Give two choices you can live with. Wait ten seconds for an answer.
5. Teach later. When the body is calm, say one sentence about next time.

SAY THIS

"I see it. This is hard right now."
"You are not in trouble. I am staying right here."
"Water first, or blanket first?"
"When you are ready, we will fix it together."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

WE DO: We do the 3 steps together, slow.

YOU DO: You try the 3 steps on your own.

Meltdown Emergency Card

Fridge-size card so anyone in the house knows the same three steps.

DO THIS

1. STOP — nobody talks, nobody grabs. Move sharp or hard things away.
2. BREATHE — you breathe first, slow and loud enough to hear.
3. SAY WHAT I NEED — one need, three words: “I need space.”
4. Stay near. Do not ask questions until the crying slows.
5. After: water, quiet, and one hug if they want it.

SAY THIS

“Stop. Breathe. Say what you need.”
“I am not leaving. Take your time.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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60-second Parent Reset card

One minute for you before you walk back in the room.

DO THIS

1. Step out of sight. Doorway, bathroom, porch — anywhere.
2. Breathe in for 4, hold for 4, out for 6. Do it three times.
3. Drop your shoulders and unclench your jaw and hands.
4. Say your one line: “This is behavior, not disrespect.”
5. Walk back in slow, with your voice lower than before.

SAY THIS

“I am the calm in this house.”
“I can be firm and still be gentle.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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Stop-the-yelling script card

What to say instead of raising your voice.

DO THIS

1. Drop your volume instead of raising it. Whisper if you have to.
2. Say one sentence. Then stop. Silence does the work.
3. Give the direction as a start, not a stop: say what TO do.
4. Count to ten in your head before you repeat yourself.
5. If you slip and yell, repair it out loud the same night.

SAY THIS

"I am going to talk quiet so we can both think."

"Feet on the floor, please."

"I yelled. That was mine, not yours. I am sorry."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Safety-first steps (hitting / kicking)

Keep everybody safe first. Teach second.

DO THIS

1. Move other children out of the room. Say it calm, not panicked.
2. Turn your body sideways. Block, do not grab.
3. Give one short direction: "Hands down." Repeat only that.
4. Wait for the body to slow before any talking.
5. Once calm: name what happened, teach the replacement, make a repair.

SAY THIS

"I will not let you hurt me. I will not hurt you."

"Hands down. Feet down."

"You can be mad and still keep hands safe."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Wallet-size calm phrases

Six short lines you can read off your hand.

DO THIS

1. Pick two lines. Only two. Say the same ones every time.
2. Put the card in your wallet, the car door and the kitchen drawer.
3. Say the line, then close your mouth for ten seconds.
4. Never add a threat on the end of a calm line.
5. Use the same lines with the sitter and the co-parent.

SAY THIS

"I am here."
"You are safe."
"This feeling will pass."
"Tell me one word."
"We can fix it."
"Breathe with me."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Car scripts

For the backseat blow-up on the way home.

DO THIS

1. Pull over if you can. A moving car raises everybody's stress.
2. Turn the radio off and the air down. Less noise, less input.
3. Do not turn around and argue. Talk forward, low and slow.
4. Give one job: hold the water bottle, count the red cars.
5. Save the talk for the driveway, with the engine off.

SAY THIS

"I am pulling over so we are both safe."

"You do not have to talk. Just breathe with me."

"We will figure it out in the driveway."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Hallway & store scripts

For the meltdown with people watching.

DO THIS

1. Decide first: your child matters more than the strangers.
2. Move to the wall, the end of the aisle or outside the door.
3. Go quiet and low. Do not explain yourself to onlookers.
4. Give a two-choice exit: leave now, or sit one minute then leave.
5. Leave the cart if you have to. You can come back.

SAY THIS

"We are going to the wall for one minute."

"I am not mad. I am helping you."

"Walk with me, or I carry you. You choose."

1 STOP

Hands still. Feet still.

2 BREATHE

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“I'm about to lose it” parent card

Your exit plan for when you are the one at the edge.

DO THIS

1. Say the safe-word out loud: “I need a minute.”
2. Put your child somewhere safe first — crib, couch, their room.
3. Leave the room. Set a two-minute timer on your phone.
4. Cold water on your wrists and face. Breathe out longer than in.
5. Come back and say one kind sentence before anything else.

SAY THIS

“I need a minute. I am coming right back.”

“I love you. I am getting calm so I can help.”

1 STOP

Hands still. Feet still.

2 BREATHE

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Bedtime emergency script

When 8pm turns into a two-hour fight.

DO THIS

1. Cut the routine in half tonight. Survival, not perfection.
2. Lights low, screens off, one warning before each step.
3. Lie down beside them for three slow breaths, then move to the door.
4. Return silently every two minutes if they get up. No new words.
5. Fix the routine tomorrow when everyone slept.

SAY THIS

"Two more minutes, then teeth."

"I will check on you. I always come back."

"Body down, eyes closed. I am right outside."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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