

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.