

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.

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.