

 Dr. Roseann

IN CASE OF

DYSREGULATION

EMERGENCY

**A Fridge-Ready Calm-Down
Reminder for Parents**

Don't fix the behavior.
First, anchor your body.



www.drroseann.com

STEP 1:

PAUSE + PICK A TOOL

Need a...

Try this...

Why it works

Quick Calm?

Box Breathing

*Tells your brain:
"We're safe now."*

Mental Reset?

5-4-3-2-1 Grounding

*Gets you out of the chaos
and into the moment.*

Stress Release?

Shake It Off

*Burns off that stress energy
before you pass it on.*

STEP 2:

SAY A MANTRA

(Choose one or make your own)

- "This is not an emergency."
- "I don't need to match their energy."
- "I'm allowed to pause before I respond."

Write Yours:

STEP 3:

REPEAT AS NEEDED

This isn't about perfection.
It's about pausing long enough to not pass on your panic.

YOU GOT THIS.

Every time you pause, breathe, and choose calm, you're rewiring your nervous system—and your child's.