

 Dr. Roseann

10 Pocket Scripts

for Parenting in the
Heat of the Moment



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You know that moment...

Your child is yelling.
Your heart is racing.
And before you know it, you're either raising your voice—or shutting down completely.

You're not alone.
Every parent hits that edge.
Not because you don't love your child... but because your nervous system is overwhelmed too.

That's why we created these **Pocket Scripts**—
So you don't have to search for the “right” thing to say when everything is falling apart.

These are simple, calming phrases you can pull out when you're triggered—
So you can **stay regulated**, connect with your child, and guide the moment without losing yourself in it.

This isn't about being perfect.
It's about having a plan for those button-pushing moments.

Let's walk through 10 real-life triggers—and exactly what to say when they hit.



When You Feel or See...	Try Saying This...	Why This Helps
Your child is screaming or slamming things	<i>"I see how upset you are. I'm going to stay close while you calm."</i>	Keeps you present without taking control. Shows co-regulation.
You feel the urge to yell	<i>"I need a second, but I'm still here with you."</i>	Models pausing instead of reacting. Creates a buffer.
They say "I hate you!" or lash out	<i>"Those are big feelings. I know this is hard."</i>	Defuses conflict. Addresses emotion, not behavior.
They're demanding or spiraling	<i>"I hear you. Let's take a breath together first."</i>	Brings nervous systems into sync. Creates shared rhythm.
You feel disrespected or hurt	<i>"I'm not okay with how this feels. Let's both take a moment."</i>	Asserts a boundary and stays regulated.
They're sobbing or inconsolable	<i>"I'm right here. You don't have to figure this out alone."</i>	Restores connection and felt safety.
You feel frozen and overwhelmed	<i>"This is hard. We'll get through it one step at a time."</i>	Reframes overwhelm. Keeps language steady.
They refuse to listen or cooperate	<i>"We're both having a tough time. Let's pause before we move on."</i>	Puts you on the same team. Lowers power struggles.
They're melting down in public	<i>"Let's take this moment somewhere quieter. I've got you."</i>	Creates safety and containment without shame.
You're mentally spiraling	<i>"I can't control everything. But I can be calm right now."</i>	Grounds you in the present. Interrupts catastrophizing.



Pro-Tip Box

These phrases aren't magic—but they're regulating. The more you use them, the more natural they feel. And every calm word you choose is a step toward a calmer child.