

# KEEP YOUR COOL

## Cheat Sheet

5

### Steps to Staying Calm When Your Child is Melting Down



This is your quick-access guide for staying grounded in the heat of the moment

*(I mean we all have been there!).*

Helps you calm your body, shift your thinking, and use language that de-escalates—so your child can borrow your calm.



## VISUAL QUICK GUIDE

# The 5 Steps to Staying Calm in the Heat of the Moment

Do this. Say this. Think this.  
Calm the storm—without yelling or shutting down.

Step	What to DO	What to SAY <small>(To self or child)</small>	What to THINK
Relax Your Body	<i>Drop shoulders, unclench jaw, exhale slowly</i>	<i>"I'm pausing before I react."</i>	<i>"My calm helps their calm."</i>
Name What You Feel	<i>Silently label: anger, helplessness, overstimulation</i>	<i>"This is frustration, not failure."</i>	<i>"Naming it gives me control back."</i>
Choose a Calming Action	<i>Rub fingertips, tap collarbone, press feet to floor</i>	<i>"I'm going to take a breath with you."</i>	<i>"I can shift this moment with one action."</i>
Say Something Supportive	<i>Use a Pocket Script or kind self-talk</i>	<i>"I'm here. We'll get through this."</i>	<i>"This isn't about being perfect. It's about being present."</i>
Choose a Calm Next Step	<i>Stay close, speak gently, or take a brief pause</i>	<i>"I'm staying right here while you calm."</i>	<i>"One calm choice creates safety—for both of us."</i>

You don't need everything to be perfect.  
You just need to stay regulated enough to support your child.

Every time you pause, breathe, or choose a calm action, you're not just calming the moment—you're reshaping how your brain and your child's brain handle stress.

This is nervous system work, not discipline. And you're doing  
Dr. Roseann

## How to Use This in Real Life



Post it in meltdown zones (fridge, mirror, play area).



Practice when you're calm—so it's easier to use when you're not.



Circle your go-to calming actions in Step 3.



Highlight or write your top 2 supportive phrases from Step 4.



# My Personalized Regulation Plan



## When I Feel Triggered...

I notice I'm yelling or shutting down

My child is screaming or melting down

I feel helpless or overwhelmed

## I will...

Drop my shoulders and exhale

Say, "I'm here. Let's take one breath."

Ground myself: feel my feet or tap my chest



## Your Turn: Add 2 of Your Own

## When I Feel Triggered...

Two empty light blue rounded rectangular boxes for writing triggers.

## I will...

Two empty light gray rounded rectangular boxes for writing coping strategies.



## REMINDER BOX

**Self-regulation is a muscle—and every moment you practice, you strengthen it.**

The more you choose calm—even in chaos—the easier it becomes. You've got this. And your nervous system (and your kid's) is learning every time.