

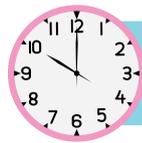
10-Minute Parent Regulation Routine

A quick daily reset to calm your nervous system—so you can calm your child's.

When your child is dysregulated, your nervous system becomes the thermostat for the entire house.

This simple 10-minute routine helps you reset your body, lower your stress load, and build the co-regulation capacity your child depends on.

Do it in the morning... midday... or right before after-school chaos—whenever you need it most but the key is consistency.



The 10-Minute Routine

1



Ground Your Body (1 minute)

Plant your feet flat on the floor.

Drop your shoulders.

Loosen your jaw.

Feel one point of contact—your feet, or your seat—and breathe into it.

2



4-2-6 Breathing (2 minutes)

- Inhale for 4
- Hold for 2
- Long exhale for 6
 - Repeat 5-8 cycles.
 - This signals your brain: *I am safe.*

3



Temperature Reset (1 minute)

Choose one:

- Splash cold water on your face
- Hold a cool drink
- Step outside for fresh air
 - This quickly shifts your nervous system out of “fight or flight.”

4



Sensory Anchor (2 minutes)

Pick one sensory cue to bring your brain back online:

- A calming scent (lavender, peppermint)
- A soft-texture object
- Gentle movement (rocking, swaying, shoulder rolls)

5



Thought Reframe (2 minutes)

Say (out loud or silently):

- “My child isn’t giving me a hard time—they’re having a hard time.”
- “I can choose calm right now.”
- “Regulation first. Everything else later.”

Choose one phrase and repeat it 3–5 times. This rewires your stress response over time.

6



Intention Set (2 minutes)

Finish with one grounding intention for the next hour—not the whole day.

Examples:

- “I will respond, not react.”
- “I will speak slowly.”
- “I will pause before correcting.”
- “I will not join my child’s chaos.”

Small intentions → big nervous system shifts.

Why This Works

This 10-minute sequence:

- Lowers cortisol
- Re-engages the rational, problem-solving part of the brain
- Increases co-regulation capacity
- Reduces parental reactivity
- Helps you anchor your child during meltdowns
- Builds resilience in both you and your child over time

This is the foundation of **Regulation First Parenting™**—calm the brain first, then coach, teach, or correct.