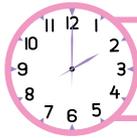


# Dr. Roseann's 10-Minute Parent Regulation Routine

Simple. Fast. Nervous-system friendly.

Because when you calm your brain, your child's brain follows.



## Minute-by-Minute Breakdown

1

### Minute 1 Unclench

Loosen your jaw, drop your shoulders, exhale once.

2

### Minute 2-3 Breathe

Do 4 slow breaths (in for 4, out for 6).

3

### Minute 4-5 Notice

Say to yourself:

- "What am I feeling?"
- "What does my body need?"

No fixing. Just noticing.

4

### Minute 6-7 Reset Phrase

Pick one:

- "I can slow down."
- "Calm first."
- "My child is struggling, not defiant."

5

### Minute 8-9 Quick Body Reset

Choose one:

- Step outside
- Splash cool water
- Put a hand on your heart
- Stretch your neck

6

### Minute 10 Set One Intention

One sentence for the next hour:

"I will respond, not react."  
or "I will stay steady."

## Why It Works

It lowers cortisol, steadies your breath, and shifts you from survival mode into connection mode — the foundation of **Regulation First Parenting™**.