

Calm Mom Toolkit

■ Calm-Down Mantra

"I am calm. I am safe. My child needs connection, not correction."
Repeat this 3 times before responding to a challenging moment.

■ Pause + Breathe Reminder

1. Stop. Notice your body.
2. Take a deep breath in through your nose (count to 4).
3. Exhale slowly through your mouth (count to 4).
4. Repeat as needed.

■ 10 Gentle Parenting Reminders

1. Breathe before you speak.
2. Celebrate the good stuff.
3. Set kind and clear limits.
4. Listen with empathy.
5. Show them how to stay calm.
6. Create a calming space.
7. Talk often and openly.
8. Guide gently, not harshly.
9. Let them try and help.
10. Take care of yourself too.