



Back2Basics4Life

Simplify. Reset. Thrive.



Calm & Connection

Simple ways to connect
and handle big feelings

Big feelings are a normal part of childhood. When we stay calm and connect first, our children feel safe, understood, and better able to manage their emotions. Small moments. Strong bonds. Calm homes.



Connection before correction.

Children don't need us to be perfect. They need us to be present.

6 Simple Ways to Connect & Support Big Feelings



1. Get Close

Get on their level, make eye contact, and use a gentle voice. Your presence helps their brain calm down.



2. Listen & Validate

Listen without fixing. Let them know their feelings make sense.

*"I see you're really upset."
"It's okay to feel that way."*



3. Breathe Together

Try Crocodile Breathing: Big belly in... hold... slow belly out. Do 3-5 breaths together.



4. Offer Choices

Give simple, limited choices to help them feel in control.
"Do you want a hug or some space?"



5. Teach & Model Tools

Practice tools like the Snail Technique, counting, squeezing a pillow, or drawing feelings. The more they see you use them, the more they work!



6. End with Connection

After the storm, reconnect. A hug, kind words, or special time helps rebuild their sense of safety and love.



Family Connection Activity

Try this conversation starter at dinner or bedtime:

What was the best part of your day?
What was the hardest part?
What can we do tomorrow to make it even better?



Remember

- ✓ You don't need all the answers.
- ✓ Your calm is your child's calm.
- ✓ Every connection matters.
- ✓ You are doing better than you think.



Simplify. Reset. Thrive.

Simple tools for a calmer, healthier, more connected life.

You're not alone in this. We're in this together.