

CALM RESET GUIDE

For beautifully intense moments, big or small.
When things feel too loud, too fast, or too much...

♥ 1. Breathe

Slow belly breathing
Inhale 4 — Hold 2 — Exhale 6
(soft shoulders, soft jaw)

💧 2. Sip + Splash

Take a drink of water
Rinse hands or face
Fresh, gentle sensory input

☁️ 3. Step Away for Fresh Air

Open a window
Stand outside for 30 seconds
Let air touch your face

🌸 4. Notice Something True

Say one grounding phrase:

- “I am safe.”
- “This moment will pass.”
- “We can restart.”

🤝 5. Choose a Restart

Ask:

“What’s one small thing we can do next?”

Offer 2–3 choices (simple):

- Snuggle on the couch
- Quiet activity basket
- Stretch or wiggle break
- Calm screen / music moment

💡 Daily Practice

Build this reset like a muscle.
Use it once per day even when calm, so
it’s ready for the hard moments.

Parent with Grace

Regulate yourself → connect with your child → take the next gentle step.