

Calm-Down Scripts for Parents

What to say when big feelings take over

In the heat of the moment, it's hard to know what to say. **Here's the truth:** your child doesn't need a perfect speech; they need a calm adult and a few simple words. Keep these handy, on the fridge or in your phone, until they come naturally.

When feelings are rising

- "I see you're getting frustrated. I'm right here."
- "Do you want a break or a hug?"
- "Let's breathe together. In... and out."
- "That's hard. We'll figure it out together."

In the middle of a meltdown

- "You're safe. I'm here."
- "I'll stay close." (Then say less, not more.)
- "I won't let you hit. I'll keep us safe."
- "Take your time. I'm not going anywhere."

When calm returns

- "That was really hard. I'm glad we got through it."
- "I love you, even when things are tough."
- "What helped you calm down? Let's remember that."
- "Next time you feel that way, you can say 'I need a break.'"

Before hard moments

- "In five minutes, we'll turn off the TV. Then it's bath time."
- "First shoes, then park."
- "Here's what's going to happen today..."
- "You can choose: red cup or blue cup?"

A simple daily routine

Morning:	After school:	Bedtime:
1.	1.	1.
2.	2.	2.
3.	3.	3.

Remember

Fewer words work better than more. Your tone matters more than your words. And repair after a hard moment, for both of you, matters more than getting it right every time.

Want more tools like these?

As an accredited Triple P provider and BCBA, I coach parents on practical, positive strategies for everyday challenges, from meltdowns to bedtime battles.

[Book a free consultation](#)

ACCEPT. UNDERSTAND. LOVE.