Seven things to say before “calm down”

FIRST

“I’m here. Take your time.”
“That was really hard.”

THEN

“Let’s breathe out together.”
“You’re safe. Come to me when you want.”
“I can see it feels really big.”

AFTER

“Let’s sort it out together.”
“I love you, no matter what.”

Hitting or throwing? Stop that first, calmly.



spark wonder