Calm-Down Steps We Do Together

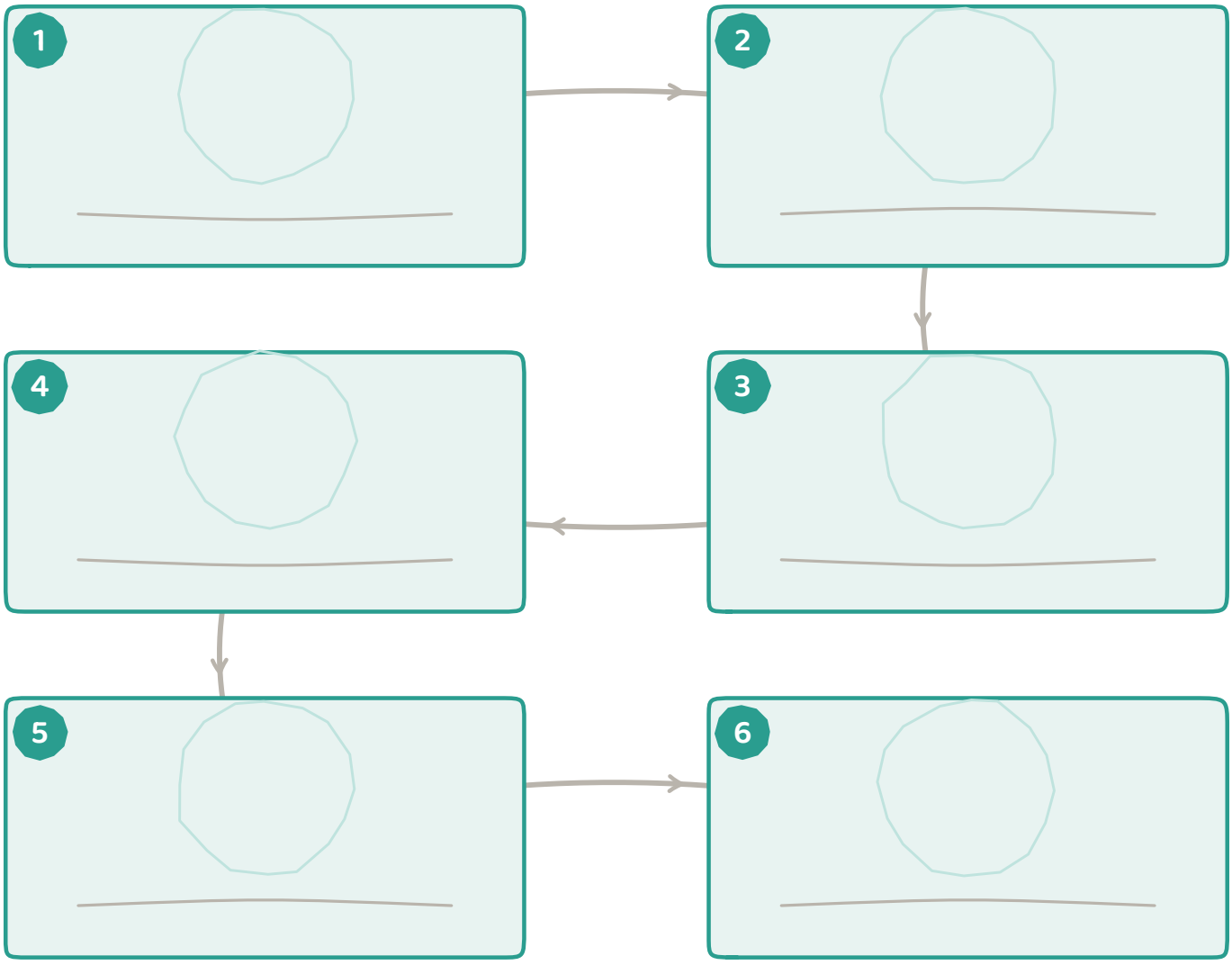
Build-Your-Own Calm-Down Steps

Same 6-card layout — write in whatever actually works for your family.

This belongs to: _____

Fill in your own 6 steps or words — whatever actually helps your child, said in your own voice.

No dates, no checkboxes — this is for during the moment, not after it.



You've got this.

The goal isn't a calm toddler in 60 seconds — it's staying steady while they learn to be.

Skip steps if you need to in the moment. Fewer, calmer words beat getting through all 6.