Calm-Down Steps We Do Together

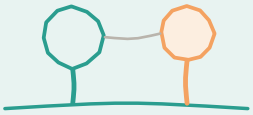
Calm-Down Steps

6 steps to walk through together at the start of a tantrum.

This belongs to: _____

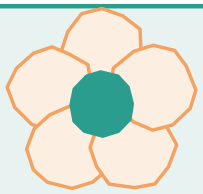
A grown-up walks through these 6 steps out loud, together with your child.
This isn't something a toddler can do alone — that's the parent's job here.
No dates, no checkboxes — this is for during the moment, not after it.

1



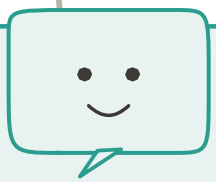
Get Down Low

2



Breathe Together

3



Say the Feeling

4



It's OK to Feel It

5



Ask for a Hug

6



Try Again

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.