

The Calm Kit:



**For Parents Who Know It's More
Than Just a Phase**

**Connection Tools for Kids Who Shut Down,
Explode, or Retreat into Screens**

☎ "Feeling stuck? You're not alone."

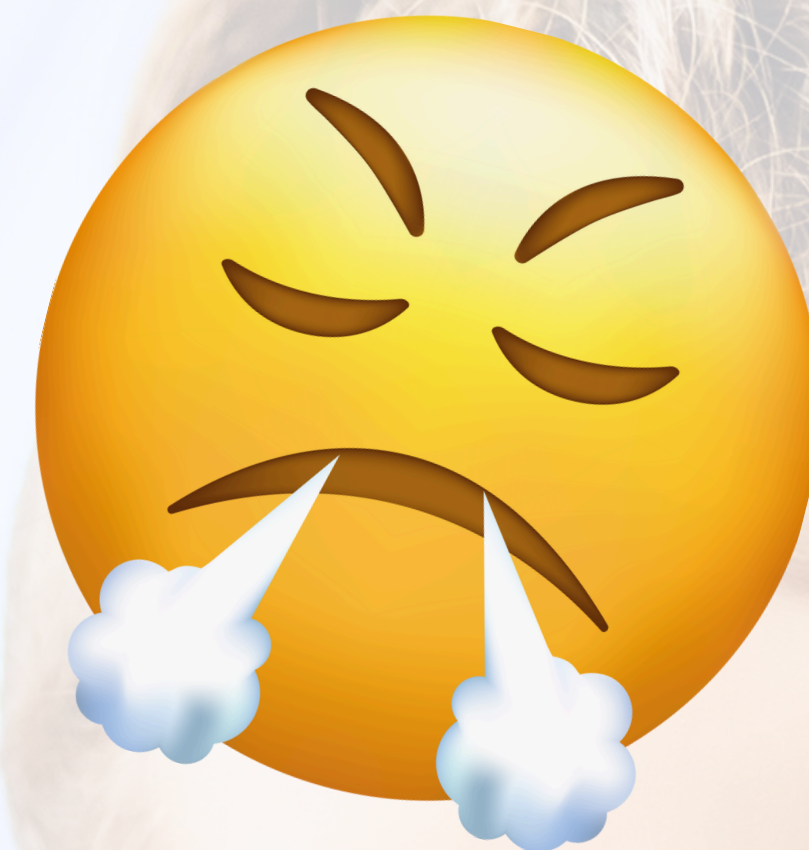
👉 [Book Your Calm Strategy Call — no pressure, just support]

WHY THIS KIT MATTERS

If you're here, your child isn't just "going through a phase." They might be shutting down, exploding emotionally, or hiding behind screens—and none of the usual tactics are working.

You've tried:

- Explaining consequences
- Reward charts
- Time-outs and limits



But deep down, you sense something more is happening.



That's because you can't parent a nervous system in survival mode.



You've tried... but here's why it doesn't work

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Tool 1 – Trust-Building Connection Phrases

When Logic Fails, Lead With Empathy

I see this is really hard for you right now.



I'm not here to fix you.
I'm here to listen.



Let's find a moment that feels a bit better—together.



Why it works:

These phrases show empathy—not authority.
They create a safe doorway for connection

📞 "Feeling stuck? You're not alone."

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Tool 2 + 3 – Hidden Emotional Clues Checklist and Screen Time Without Screaming

Signs to Look For

Avoiding tasks they once loved



Irritability over small things



Escaping to screens or isolating in rooms



Quick tip:

Circle the clues that match your child today. If more than two hit, your kid is emotionally overwhelmed.

Screens Without Screaming

Agree together: “We all need time away from screens.”

Set automatic tech breaks: Schedule 30-minute “device detox time.”

Reintroduce choice: “Which non-screen thing could you enjoy instead?”

Why it works:

Shifting it from “your tech” to “our time” builds cooperation—and it calms the system, rather than escalating conflict.

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Tool 4 – Calming Mini-Ritual

In moments of overwhelm or meltdown,
try this:

1

Sit or kneel at their
level.

2

Invite a cool-
down anchor:
“Let’s do 3 slow
breaths
together.”

3

Ask in third
person: “What’s
happening to our
bodies right
now?”

4

Offer a soothing
pause: “Let’s
breathe slowly
until it feels okay.”

Goal:

Shift from emotional hijack to bodily regulation
—restoring emotional safety.

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Tool 5 – When Calming Tools Aren't Enough

PARENT RESET GUIDE

- Pause. Breathe. Find your center.
- Ask: What am I feeling—guilt? frustration? fear?
- Take 2 deep breaths before responding.



This isn't indulgence—it's emotional hygiene.
Your steadiness helps your child feel safe and heard.



WHAT IF IT'S DEEPER?

- Your child isn't moving forward
- They resist even simple shifts
- Or your anxiety is still off the charts

BOOK YOUR CALM STRATEGY CALL

- 30 minutes to understand what's really going on
- Personalized emotional roadmap just for your family
- No guilt, no BS, just support

"THAT CALL CHANGED EVERYTHING."

 "Feeling stuck? You're not alone."

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Why the Call Unlocks Real Change

You've Got the Compass. Now Get the Map

*"That call was the first time I felt understood—not just as a parent, but as Zara's parent."
— June, Zara's mum*

Real parents. Real kids. Real change.



☀️ You don't need to have the answers. You just need a space where someone asks the right questions.

**BOOK MY FREE
CALM STRATEGY
CALL**

Only 10 spots open weekly. Secure yours.

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