



TACTICAL CHECKLIST

I see you. You are overloaded, not failing. Let's drop the standard and reclaim the next 5 minutes.

This guide is for the parent who is currently collapsing while trying to manage a dysregulated child. This is not a manual for lecturing or negotiating. It is a raw, practical roadmap to pull both of you out of the storm and restore predictability to your home right now.

PHASE I: SLOWING DOWN THE ENVIRONMENT

ENVIRONMENTAL PAUSE

- ☐ Guide your child to a quiet space with soft lighting and complete freedom from screens. Do not try to soothe an overwhelmed nervous system if the surroundings remain full of visual stimuli.

PROTECTING YOUR WORDS

- ☐ Cease long explanations and speeches during moments of chaos. When overwhelm happens, the brain does not process logic. Lower the tone of your voice and use simple, direct words ("Sit," "Drink some water," "Let's pause"). Protect your own energy.

PHYSICAL RESET

- ☐ Break the crisis loop with a subtle physical shift: open a window for fresh air, hand them a cold glass of water, or invite them to hold three small objects. Physical action helps pull the mind away from emotional blockage, and over a repetitive, tactile task (stacking cups, sorting blocks). Guide the energy into a rhythm.

PHASE II: FINDING AN ANCHOR

VISUAL FOCUS

- ☐ Choose a single, fixed point in the room and hold your gaze there for a moment. Do not let your eyes follow the frantic rhythm of the chaos around you.

INTENTIONAL BREATHING

- Use conscious breathing to regulate your own stress before intervening: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and keep empty for 4 seconds. To guide your home back to calm, you must first hold your own peace.

PHASE III: CHANNELING ENERGY INTO ROUTINE

CALM TASKS

- Do not demand complete stillness right away. Redirect their physical tension toward a simple, predictable, and repetitive manual activity. Invite them to sort blocks by shape, stack cups, or align small objects until the brain returns to a rhythm.

WHAT IS YOUR NEXT STEP?

The structure saves your day, but the heavy weapons are built with custom tools. Scan here to access the Lyzeora Official Store and acquire your advanced intervention workbooks.

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