

What to do when
**Emotions Take
over at Home**

Calm, clear **guidance**
for overwhelming
moments



A MINI GUIDE FROM THE CONNECTED FAMILY BUNDLE

by Michèle Hogeweg

You're standing in the kitchen.

Your child is screaming because their banana is "broken".

You've already stepped on three Legos. Your coffee is cold.

And you feel it — that moment where you're about to lose it right along with them.

*The day just started...and you're already here.
How are you going to get through this?*

We're all one "broken banana" away from our own meltdown.



When meltdowns hit, things escalate fast.

One moment it's small – the wrong cup, a broken banana – and suddenly everyone is overwhelmed. But in that moment, most parents don't know how to respond without escalating things further. In those moments, most parents don't know what actually helps.

Meltdowns aren't just emotional moments. They also bring stress, chaos, yelling, frustration, and behavior that quickly escalates the whole situation.

Children need calm leadership, clear boundaries, and a parent who stays steady during hard moments.

Step 1 – Hit Pause Before You Explode

When you feel that rage bubbling up – the urge to yell, cry, or flee to another country – you need to physically interrupt yourself before you do something you'll regret. You're overwhelmed too.

Emergency brake options:

- Put your hand on your belly and take 3 deep breaths
- Say out loud: "I need a minute. I'm going to calm down."
- Step into another room for 30 seconds
- Splash cold water on your face
- Text a friend "I'm about to lose it" (naming it helps)

You're not just calming yourself. You're showing what to do with intense emotions.

Step 2 – Name the Feeling & Behavior, and Lead

When you're on the edge, your brain is in full panic mode. You're still the adult and the emotional leader of your home. So yes, you acknowledge feelings. But you also set a clear boundary around the behavior.

Here's the balance:

- "I can see you're really upset about the banana."
- "Screaming and throwing things is not acceptable."
- "When you're upset, you can say; 'I need help' or 'I'm sad' Let's practice that."

Teach them that all feelings are allowed, but certain behaviors are not. We validate emotions while guiding children toward better ways to express them with words. With that guidance, children slowly learn how to handle difficult emotions without losing control.

Step 3 – Stay Grounded in Your Leadership

The meltdown is loud

You're exhausted

You just want peace

Giving in might stop the moment – but it's a short-term fix. When crying, kicking, or screaming changes the outcome, children learn that pushing harder works.

And once that pattern starts, children's behavior often escalates faster and they push harder the next time.

After a while, you'll start feeling frustrated, reactive, or stuck in constant negotiating.

Staying calm and holding the limit teaches your child how to handle intense emotions in a healthier way. It also helps you become a calmer, steadier leader in your home.

This sounds like:

- "I know you want the candy. The answer is still no."
- "Hitting is not okay. You can be mad, but not hurt people."
- "Screaming at me won't change my answer. When you're calm, I'm here."

Then you don't engage with the meltdown. You stay calm and stay near (if safe). You don't lecture, negotiate, or try to fix it. You let them feel the discomfort of the limit while showing them you're not afraid of their intense emotions.

When you stay calm and steady, trust grows. Over time, your child sees that intense emotions don't have to overwhelm the whole family – and that limits can still stay clear in difficult moments.

"Small moments repeated daily shape the feeling of home"

One calm response won't change your home. Repetition will.

The Connected Family Bundle helps you
do this consistently.

**GET THE
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Emergency Cheat Sheet (Screenshot This)

When you're about to lose it:

✓ **Pause first.** Breathe. Step away if needed.

Model regulation.

✓ **Name** your feelings and the boundary:

"I'm overwhelmed too.

And screaming at me is not okay."

✓ **Hold the limit** calmly: Don't give in.

Don't lecture. Just stay grounded.

✓ **Let them feel it:** Discomfort teaches.

You don't have to rescue them

from every hard feeling.

✓ **Connect after:** When they're calm,

that's when you talk, hug, and reconnect.

Remember: Staying calm while holding a boundary = compassionate parenting.

👉 Calm leadership changes how your home feels.

Get the **Connected Family Bundle** and learn exactly how to handle meltdowns, manage bedtime, set boundaries, and respond with more calm, clarity, and consistency.

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Calm, clear & connected parenting – your way

Colophon

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