



5 CALMING PHRASES THAT ACTUALLY WORK

Simple words to help your child feel safe, heard, and calm — even during big emotions.

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READ THIS FIRST



If your child melts down even when you're trying your best,
this is not a discipline problem.

It's a regulation problem.

When children feel overwhelmed, they don't need logic or lectures.

They need safety.

The phrases below are designed to help your child's nervous system
calm down — so emotions don't escalate further.

A young girl with a braid and a woman holding hands, with a text overlay.

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ONE THING TO REMEMBER

Children don't calm down from explanations. They calm down when they feel safe, seen, and supported.

Tone matters more than wording. Say less. Speak slower. Stay close.

THE 5 CALMING PHRASES

1

“I’M HERE. YOU’RE SAFE.”

USE THIS WHEN:

Emotions are rising or your child feels overwhelmed.

WHY IT WORKS:

It reassures the body that they are not alone, helping reduce panic.

2

“I SEE HOW BIG THIS FEELS FOR YOU.”

USE THIS WHEN:

Your child feels frustrated or misunderstood.

WHY IT WORKS:

Validation lowers defensiveness and helps emotions settle faster.

3

“YOU DON’T HAVE TO HANDLE THIS BY YOURSELF.”

USE THIS WHEN:

Your child shuts down or withdraws.

WHY IT WORKS:

Connection helps the nervous system feel supported.

THE 5 CALMING PHRASES

4

“WE’LL FIGURE THIS OUT TOGETHER.”

USE THIS WHEN:

Your child feels stuck, angry, or helpless.

WHY IT WORKS:

It shifts the moment from power struggle to teamwork.

5

“YOUR FEELINGS ARE OKAY. I’M RIGHT HERE.”

USE THIS WHEN:

Your child feels ashamed or out of control.

WHY IT WORKS:

It separates emotions from behavior and restores safety.

TRY THIS TONIGHT

Choose one phrase.
Use it during your child’s next big emotion.

Don’t fix.
Don’t explain.
Just stay present.

Small moments of safety create real change over time.



These phrases help in the moment.

What actually reduces tantrums long-term is what happens before emotions explode — and after they pass.

You'll learn more about that next.