



THE CONFIDENT PARENT
COLLECTIVE

BECAUSE PARENTING DOESN'T COME WITH A MANUAL

The Calm Parent Code

Week 3 Resource: Regulation Over Obedience: Calming Before Reasoning

□ Survival Brain vs Thinking Brain

When a child is overwhelmed, the 'thinking brain' (logic, problem-solving) shuts down and the 'survival brain' (fight, flight, freeze) takes over. This means reasoning and consequences won't work until the nervous system is calm.

Survival Brain	Thinking Brain
Fight, flight, or freeze response	Problem solving, planning, empathy
High cortisol & adrenaline	Balanced brain chemistry
Emotional flooding	Logical thinking possible
Goal: Safety	Goal: Learning



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□ The Sturdy Captain Checklist

Your calm presence is the anchor during your child's emotional storms.

1. Keep your voice low and steady
2. Use minimal words
3. Stay physically relaxed
4. Keep a safe physical distance if needed
5. Avoid matching your child's energy
6. Focus on safety before discipline
7. Offer co-regulation, not control





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□ Regulation Toolkit for Parents & Kids

These tools help calm the nervous system before teaching or reasoning.

Category	Examples
Sensory	Weighted blanket, soft textures, fidget toys
Movement	Trampoline, walk outside, animal walks
Breathwork	Smell the flowers, blow the bubbles
Environment	Dim lights, quiet room, cosy corner
Rhythm	Rocking chair, drumming, humming songs

□ Practice this week: Regulate yourself first, then help your child calm before discussing behaviour.