

# KEEP YOUR COOL

## Cheat Sheet

5

Steps to Staying  
Calm When Your  
Child is Melting Down



This is your quick-access guide for staying grounded in the heat of the moment

*(I mean we all have been there!).*

Helps you calm your body, shift your thinking, and use language that de-escalates—so your child can borrow your calm.



## VISUAL QUICK GUIDE

# The 5 Steps to Staying Calm in the Heat of the Moment

Do this. Say this. Think this.  
Calm the storm—without yelling or shutting down.

| Step                     | What to DO                                                  | What to SAY<br>(To self or child)               | What to THINK                                                      |
|--------------------------|-------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------|
| Relax Your Body          | <i>Drop shoulders, unclench jaw, exhale slowly</i>          | <i>"I'm pausing before I react."</i>            | <i>"My calm helps their calm."</i>                                 |
| Name What You Feel       | <i>Silently label: anger, helplessness, overstimulation</i> | <i>"This is frustration, not failure."</i>      | <i>"Naming it gives me control back."</i>                          |
| Choose a Calming Action  | <i>Rub fingertips, tap collarbone, press feet to floor</i>  | <i>"I'm going to take a breath with you."</i>   | <i>"I can shift this moment with one action."</i>                  |
| Say Something Supportive | <i>Use a Pocket Script or kind self-talk</i>                | <i>"I'm here. We'll get through this."</i>      | <i>"This isn't about being perfect. It's about being present."</i> |
| Choose a Calm Next Step  | <i>Stay close, speak gently, or take a brief pause</i>      | <i>"I'm staying right here while you calm."</i> | <i>"One calm choice creates safety—for both of us."</i>            |

You don't need everything to be perfect.  
You just need to stay regulated enough to support your child.

Every time you pause, breathe, or choose a calm action, you're not just calming the moment—you're reshaping how your brain and your child's brain handle stress.

This is nervous system work, not discipline. And you're doing it!  
Dr. Roseann

## How to Use This in Real Life



Post it in meltdown zones (fridge, mirror, play area).



Practice when you're calm—so it's easier to use when you're not.



Circle your go-to calming actions in Step 3.



Highlight or write your top 2 supportive phrases from Step 4.



# My Personalized Regulation Plan



## When I Feel Triggered...

I notice I'm yelling or shutting down

My child is screaming or melting down

I feel helpless or overwhelmed

## I will...

Drop my shoulders and exhale

Say, "I'm here. Let's take one breath."

Ground myself: feel my feet  
or tap my chest



## Your Turn: Add 2 of Your Own

## When I Feel Triggered...

## I will...



## REMINDER BOX

**Self-regulation is a muscle—and every moment you practice, you strengthen it.**

The more you choose calm—even in chaos—the easier it becomes.  
You've got this. And your nervous system (and your kid's) is learning every time.

# DR. ROSEANN CAPANNA-HODGE: YOUR PARTNER IN CALMING THE CHAOS

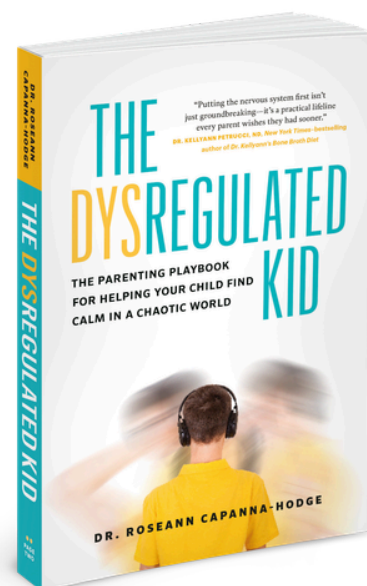
I'm Dr. Roseann Capanna-Hodge, a mental health expert, founder of The Global Institute of Children's Mental Health, and creator of the BrainBehaviorReset® Program. As a mom of dysregulated kids myself, I've been in the trenches with you. I know firsthand that when your child's nervous system is stuck in overdrive, it's impossible for them to behave or focus the way you hope.

You don't have to feel like you're failing. The behaviors you're seeing aren't about defiance or a lack of effort—they're a result of a dysregulated brain. That's why I've helped thousands of families just like yours find lasting solutions, starting with one small step: calming the nervous system. My Dysregulation Solution™ + CALM Brain Community and science-backed methods are designed to calm your child's brain so everything else—behavior, mood, focus—falls into place

**Let's begin with calming your child's brain and watch how everything else starts to improve.**



**LISTEN TO THE THE PODCAST**



**BUY THE BOOK**

# NEXT STEPS

## Find the Right Solution for Your Child

### The Dysregulation Insider



with Dr. Roseann's VIP Bundle

#### The Most Effective Parenting Strategies – Curated Weekly by Dr. Roseann

Each week, I'll send you one simple, doable email that helps you:



*Support your child's brain and nervous system*



*Understand the "why" behind their behavior*



*Learn what actually works to create more calm at home*

**Sign up NOW and get instant access to our VIP Bundle Bonus:**



### VIP Bundle: How to Stay Calm When Your Child Pushes Your Buttons and Stop Oppositional Behaviors

- ✓ 5-Step Parent Reset Video
- ✓ 2-Minute Nervous System Rescue Toolkit
- ✓ Printable "Keep Your Cool" Cheat Sheet
- ✓ "In Case of Emergency" Fridge Card
- ✓ 10 Pocket Scripts for parenting in the heat of the moment
- ✓ Curated podcast playlist on co-regulation, triggers, and nervous system resets

[drroseann.com/insider](https://drroseann.com/insider)

#### Why Parents and Professionals Trust This Digest:

- ✓ Created by a licensed therapist & mom of neurodivergent kids
- ✓ No judgment. Just support.
- ✓ Grounded in 30+ years of clinical experience
- ✓ Unsubscribe any time (but most parents don't)
- ✓ Zero fluff, just tools that get results

**Free newsletter. Real solutions. Calmer kids and families.**

## Dr. Roseann Capanna-Hodge: Revolutionizing Children's Mental Health

Dr. Roseann Capanna-Hodge's podcast, *Dysregulated Kids: Science-Backed Solutions for Children's Behavior and Mental Health*, is in the top 2% globally. The podcast empowers parents with natural, science-backed solutions to improve children's self-regulation and calm their brains. Each episode delivers expert advice and practical strategies, making it indispensable for parents of neurodivergent children or those with behavioral or mental health challenges.

With her extensive experience, she provides families with hope and effective strategies to manage conditions like ADHD, anxiety, OCD, and PANS/PANDAS.

**Forbes** has called her "A thought leader in children's mental health," highlighting her revolutionary impact on mental health education and treatment.

