

What to say when it all falls apart

The 3 O'Clock Reset · Free sample script · Print it, stick it on the fridge

One of the Printable Script Pack scripts inside the Complete Parent System

STOP. GET LOW.

1

“I’m here. I’m not going anywhere.”

Kneel to their eye level. Say less, slower.

NAME IT FOR THEM.

2

“You’re so frustrated. That’s a big feeling.”

No fixing yet. Just name what you see.

HOLD THE LINE, GENTLY.

3

“I won’t let you hit. I’ll help you calm down.”

The limit stays. Your voice stays soft.

BREATHE TOGETHER.

4

“Let’s blow out the birthday candles. One more.”

Three slow breaths. Do it with them.

RECONNECT, THEN MOVE ON.

5

“That was hard. We got through it. Snack?”

No lecture. Repair matters more than the meltdown.

And for you, after: “I lost it a little. I’m still a good parent.”