

3 Scripts to Stop a Meltdown in the Next 60 Seconds

When your child's brain has gone offline, the right words matter more than the right lecture. Use these three, in this order.

● SAY THIS

"I'm here."

Lets them know you're not leaving, without asking anything of them.

"You're safe."

Names the one thing their nervous system actually needs to hear right now.

"I'm not going anywhere."

Repeat this slowly, as many times as it takes — repetition is the point, not a failure.

● NOT THAT

~~"Use your words."~~

~~"Why are you doing this?"~~

~~"Stop, or you'll lose your iPad."~~

BODY LANGUAGE CUE

Get low — kneel or sit at their level. Keep your voice slow and quiet. Minimal words, no sudden movement. Your calm body is doing more work right now than anything you say.

THIS COVERS THE MOMENT YOU'RE IN

Want to know exactly *why* your child melts down — and the full plan to stop it from happening again? Take the free 3-minute quiz and get your personalized ADHD action plan.

Take the Free Quiz →

adhdsuperpowerquiz.com