

Emergency Reset: The 3-Breath Pause

Purpose: To interrupt your personal stress cycle and prevent yelling. Use this before you speak or react to your child's meltdown.

Step	Action	Focus (What to feel)
1. STOP ●	Freeze your body. Halt all movement and silence your voice.	The anchor: The feeling of your feet on the floor.
2. BREATHE IN	Inhale deeply through your nose for a count of 3.	The intention: Taking in calm and patience.
3. BREATHE OUT	Exhale slowly through your mouth (like blowing out a candle).	The release: Letting go of the tension in your jaw or shoulders.
4. DECIDE	Take one final centering breath.	The choice: "I choose calm. I will lend my calm."

The Wise Captain's Reminder

Your Child's Tantrum is a Trigger, Not a Target.



Reminder	Dialogue Shift
The Rule of 3	Your pause must be longer than your child's scream. Three breaths is enough time for your rational brain (Prefrontal Cortex) to switch back on.
Calm is Contagious	You cannot give what you do not have. Your voice's volume determines their fear level. Speak low, slow, and firm.
The Question	After the pause, ask yourself: "Is this response for my fear, or for their learning?" Choose learning.
Next Step	Immediately transition into the V.A.L. Technique (Validate, Limit, Lead to Action).