

When YOU Feel Angry

"I feel angry, so I'm taking a slow
breath."

Here's why: naming your feeling and breathing
shows your child that big anger can be
handled calmly.

When YOU Feel Angry

"I need a minute to calm down. I'm
still right here."

Here's why: taking space without leaving
reassures your child they are safe even when
you are upset.

When YOU Feel Angry

"I love you, even when I feel angry."

Here's why: hearing that your love holds steady teaches your child that feelings do not break your bond.

When YOU Feel Angry

"My voice is getting big, so I'm
going to soften it."

Here's why: narrating your own reset gives
your child a live model for lowering their own
volume.

When YOU Feel Angry

"Let's both take a breath and try again."

Here's why: inviting a shared reset turns a tense moment into a team effort.

When YOU Feel Overwhelmed

"There's a lot going on, so I'm going
to slow down."

Here's why: slowing down out loud shows
your child that pausing is what we do when
things feel like too much.

When YOU Feel Overwhelmed

"I need one quiet minute to think.
I'm right here."

Here's why: asking for a brief pause models a healthy way to handle a full plate.

When YOU Feel Overwhelmed

"Let's do one thing at a time,
together."

Here's why: breaking a big moment into one
step keeps both of your brains calm.

When YOU Feel Overwhelmed

"My mind feels full, so I'm taking a
deep breath."

Here's why: pairing a feeling with a breath
shows your child a simple tool they can
borrow.

When YOU Feel Overwhelmed

"I'm feeling stretched thin, and I still
love being with you."

Here's why: separating your stress from your
child protects them from feeling like the
problem.

When YOU Feel Frustrated

"This is frustrating for me, so I'm
pausing."

Here's why: naming frustration and pausing
models patience in a real moment.

When YOU Feel Frustrated

"I'm stuck, so I'm going to breathe
and try again."

Here's why: showing your own do-over
teaches your child that frustration is workable.

When YOU Feel Frustrated

"Let's slow down and figure this out
together."

Here's why: turning toward your child instead
of away keeps you both connected.

When YOU Feel Frustrated

"I feel frustrated, and that's okay. I
can handle it."

Here's why: pairing a feeling with confidence
shows your child feelings are safe to have.

When YOU Feel Frustrated

"I need a moment, then I'll be ready
to help."

Here's why: a short pause before helping
keeps your response calm and kind.

When YOU Feel Impatient

"I'm feeling rushed, so I'm taking a
slow breath."

Here's why: slowing your body first helps your
child match a calmer pace.

When YOU Feel Impatient

"I want to hurry, and I can wait a
little longer."

Here's why: naming the urge and choosing
patience models self-control out loud.

When YOU Feel Impatient

"Let's take this one step at a time."

Here's why: one step at a time keeps a rushed moment from tipping into a meltdown.

When YOU Feel Impatient

"I'm feeling impatient, so I'm going
to soften my voice."

Here's why: catching your tone early keeps
the moment gentle for both of you.

When YOU Feel Impatient

"We have enough time. Let's
breathe and keep going."

Here's why: calm reassurance lowers the
pressure your child can feel from you.

When YOU Feel Exhausted

"I'm feeling really tired, so I'm
moving slowly."

Here's why: naming tiredness helps your child
understand your pace without feeling pushed
away.

When YOU Feel Exhausted

"My body is worn out, and I still want to be with you."

Here's why: separating exhaustion from your child keeps them from feeling like a burden.

When YOU Feel Exhausted

"Let's find something calm and cozy to do together."

Here's why: choosing a gentle activity meets both of your needs at once.

When YOU Feel Exhausted

"I need to rest my body for a
minute. I'm right here."

Here's why: modeling rest teaches your child
that taking care of yourself is okay.

When YOU Feel Exhausted

"I'm tired, so I'm taking a slow breath to reset."

Here's why: a breath gives your worn-out brain a small, calming reset.

When YOU Feel Anxious

"I'm feeling worried, so I'm taking a
slow breath."

Here's why: showing your child how you calm
a worry gives them a tool for their own.

When YOU Feel Anxious

"My tummy feels jumpy, and I know
this feeling will pass."

Here's why: naming that worry fades teaches
your child that feelings are temporary.

When YOU Feel Anxious

"Let's take a few slow breaths
together."

Here's why: breathing together steadies both
of your bodies at once.

When YOU Feel Anxious

"I feel nervous, and I am safe right now."

Here's why: pairing the feeling with safety
helps calm the worry brain.

When YOU Feel Anxious

"I'm going to name what I see and
hear to feel calmer."

Here's why: grounding in the senses is a
simple skill your child can copy.

When YOU Feel Sad

"I'm feeling sad right now, and that's
okay."

Here's why: letting your child see healthy
sadness teaches them their tears are okay too.

When YOU Feel Sad

"I feel sad, and I still love being
your grown-up."

Here's why: steady love during sad moments
helps your child feel secure.

When YOU Feel Sad

"Sad feelings come and go, like waves."

Here's why: naming that sadness passes gives your child an honest, hopeful picture of feelings.

When YOU Feel Sad

"I need a gentle moment, and I'd
love a hug."

Here's why: asking for comfort shows your
child that connection helps hard feelings.

When YOU Feel Sad

"I'm taking a slow breath and being
kind to myself."

Here's why: modeling self-kindness teaches
your child how to treat their own sadness.

When YOU Feel Stressed

"I'm feeling stressed, so I'm taking a
slow breath."

Here's why: a breath in a rushed moment
shows your child how to steady a busy body.

When YOU Feel Stressed

"We're in a hurry, and we can still
be gentle."

Here's why: staying kind while rushing keeps
stress from spilling onto your child.

When YOU Feel Stressed

"Let's take a breath, then get ready
together."

Here's why: a shared reset makes a hectic
moment feel like teamwork.

When YOU Feel Stressed

"My body feels tight, so I'm going
to slow it down."

Here's why: noticing tension out loud models
body awareness for your child.

When YOU Feel Stressed

"There's a lot to do, and I've got
this."

Here's why: calm confidence lowers the
pressure your child senses from you.

When YOU Feel Embarrassed

"I'm feeling a little embarrassed,
and you're not in trouble."

Here's why: separating your feeling from your
child keeps them from carrying your
embarrassment.

When YOU Feel Embarrassed

"Let's step somewhere quiet and
calm down together."

Here's why: moving to a calmer spot helps
both of you reset without an audience.

When YOU Feel Embarrassed

"Other people's looks are okay. My
job is you."

Here's why: putting your child first over
onlookers keeps them feeling safe and valued.

When YOU Feel Embarrassed

"I feel flustered, so I'm taking a slow
breath."

Here's why: modeling a breath in a hard
public moment shows real-life self-regulation.

When YOU Feel Embarrassed

"Big feelings happen anywhere, and
we can handle them."

Here's why: staying steady in public teaches
your child that feelings are never shameful.

When YOU Feel Hurt

"That hurt my feelings, and I still
love you."

Here's why: honesty plus steady love shows
your child that words matter and your bond
holds.

When YOU Feel Hurt

"I know you're upset. I'm not going
anywhere."

Here's why: staying close after hard words
teaches your child that anger doesn't end
connection.

When YOU Feel Hurt

"I feel hurt, so I'm taking a breath
before I answer."

Here's why: pausing before responding
models a calm reaction to painful moments.

When YOU Feel Hurt

"You can be angry with me and still
be safe with me."

Here's why: separating the feeling from the
relationship keeps your child secure.

When YOU Feel Hurt

"Let's both calm our bodies, then
talk about it."

Here's why: waiting for calm before talking
helps hard moments get repaired, not worse.