

Pause Before You React

A pause now helps your child feel safe for a lifetime.



What am
I feeling?

Notice it.
Name it.



What can
I control?

My words, tone
and response.



What is my
child
experiencing?

See their world
before reacting.



What is one
useful next
action?

Keep it small,
kind and clear.

You don't need the perfect response.
Just the next safe one.

