

WHAT TO SAY

TO HELP YOUR CHILD

CALM DOWN

THE INTENSE BRAIN CHILD

Kids with intense brains can include autism, ADHD, behavioral issues, anxiety, & PTSD, just to name a few. When they "act out", have meltdowns or panic, the last thing we want to do is add fuel to the brain on fire. Here are a few things to say instead of what you may want to.

AutismBlueprint.com

Instead of...



Stop that whining,
you're driving me
crazy!

I've told you a
hundred times...



If you keep doing that,
no one will want to
play with you!



You should be
ashamed of yourself!



Act your age!

Just calm down!

Say this...



When you whine, I can't
understand you and it's
hard for me to listen.
Try saying it this way so
I can hear you...

These are all shame-
based statements and
research tells us this
actually harms our
children.



Instead, speak softly,
bend down to their
level, and use specific
statements like "Tell
your body to _____.
I will help you."

If they could, they would.

Take a few slow, deep
breaths together instead
and remind them that you
are there to help them.