

TM

CALMS PROTOCOL

PRINTABLE SCRIPTS

+ VISUAL REMINDERS



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20 Parent Scripts to Diffuse Dysregulation

Regulation First Parenting™ Language for Real Life by Dr. Roseann

- 1 **"I see this is getting hard. I'm right here with you."**
→ Signals safety + co-regulation.
- 2 **"Let's slow everything down together."**
→ Body pacing reduces adrenaline.
- 3 **"Take one breath with me, then we decide what's next."**
→ Gives structure + reduces overwhelm.
- 4 **"I believe you. Your body is having a really big reaction."**
→ Removes shame and oppositional energy.
- 5 **"This isn't a you vs. me moment. We're on the same team."**
→ Reduces fight-response.

**When You See
Early Escalation
(Prevent the
Blow-Up)**

**During a
Meltdown**

- 6 **"I'm not adding pressure. I'm staying with you."**
→ Prevents demand-triggering.
- 7 **"Your feelings are real. Your body needs help first."**
→ Separates emotion from identity.
- 8 **"Talking can wait. Right now we breathe and reset."**
→ Protects the thinking brain.
- 9 **"Hands on my shoulder if you need grounding."**
→ Offers sensory co-regulation.
- 10 **"We'll get through this wave. It won't last forever."**
→ Nervous system reassurance > logic.

11 "You don't have to want to — you only have to start with one tiny step."

➡ Removes all-or-nothing thinking.

12 "Which one feels easier? A or B?"

➡ Choice lowers oppositional intensity.

13 "I hear the 'no.' I'll help your body calm, then we'll figure it out."

➡ Prioritizes physiology > compliance.

14 "The part that's upset isn't all of you — and we'll support that part."

➡ Reduces shame.

When They're Refusing / Oppositional

When They're Shutting Down / Avoiding

15 "I see your body getting tired. Sit next to me, no talking needed."

➡ Connection without cognitive demand.

16 "Let's take three quiet breaths to restart your system."

➡ Creates a physiological bridge.

17 "You don't have to explain — your nervous system is overloaded."

➡ Removes pressure + confusion.

18 "That was a lot. What helped? What hurt?"

➡ Reflection builds metacognition.

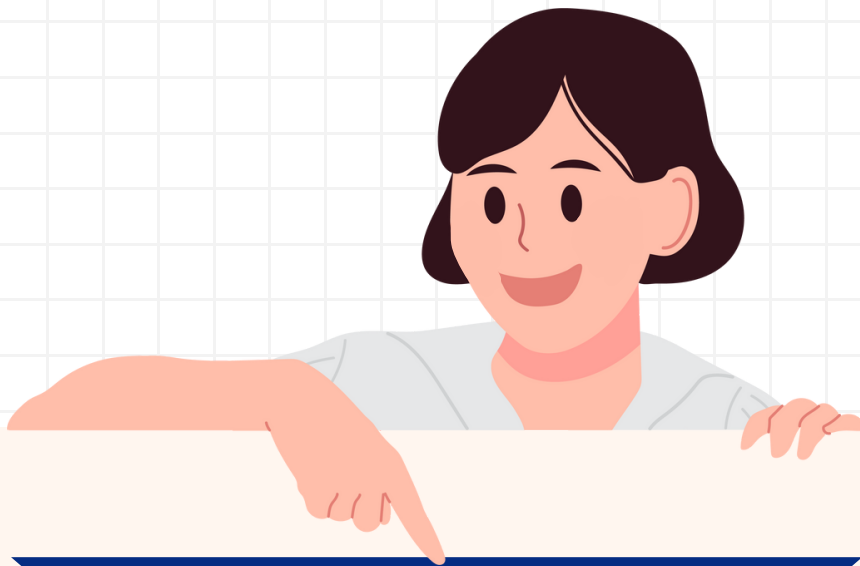
19 "Next time, what tiny step could help us pause sooner?"

➡ Future orientation without shame.

20 "I'm proud of how you came back from that moment."

➡ Reinforces recovery success > episode failure.

After a Dysregulation Episode (Repair + Skill Building)



How to Use These Scripts:

- Choose 2–3 favorites per week.
- Keep them on fridge or in your wallet.
- Use whisper tone, not lecture tone.
- Pair with body-based reset (hand squeeze, shoulder drop, deep exhale).

Color-Coding Idea:

Parents can highlight scripts based on their child's pattern:

-  Red = Explosive/Fight
-  Blue = Shutdown/Freeze

Why They Work:

These scripts communicate:

- Safety to the amygdala
- Predictability to the nervous system
- Co-regulation before correction