

MORNING CALM CHEAT SHEET FOR PARENT

Because shouting doesn't start the day right- connection does

1. Morning Countdown Prompts (Use your Calm Code Word!)

Choose a prompt word like "Sunshine Time" or "Blast-Off" to signal transitions.

☒	Time Left	What to Say
☐	10 mins	"10 minutes to Sunshine Time!"
☐	5 mins	"5 minutes left – check your checklist!"
☐	2 mins	"2-minute warning! Let's grab shoes and zip bags."
☐	Go Time!	"Go Time! Let's move like rockets. High fives on the way!"

2. Pre-Plan the Morning – The Night Before

☒	Task
☐	Clothes picked and laid out
☐	Bags packed and by the door
☐	Lunches/snacks ready
☐	Quick morning checklist visible for kids
☐	Wake up 15 mins earlier for yourself (mindset)

3. Phrases That Calm Instead of Trigger

☒	Situation	Try Saying
☐	Kids moving slow	"Want a beat-the-clock challenge?"
☐	Not listening	"Do you need help?"
☐	Resistance	"I see you're not ready. Want to do it together?"
☐	Child is upset	"We can fix this together."

4. When You Feel Like Shouting – Pause and Pick a New Action

☒	Feeling	Instead, Try This
☐	Frustrated	Step away and take 3 deep breaths. Say: "I'm taking a calm break."
☐	Overwhelmed	Whisper instead of yell. It slows things down.
☐	Repeating yourself	Point to their visual checklist. Let it speak.
☐	Everything's a mess	Choose one priority. Let the rest wait.
☐	Child won't budge	Offer a choice: "Shoes first or jacket first?"