



# PARENT TIME-OUT CHECKLIST

What to do instead of shouting  
when I feel overwhelmed...

- ☒ Take 5 deep breaths – slow and steady
- ☒ Step away safely (to the bathroom, hallway, or another room)
- ☒ Say out loud: “I need a moment to calm down”
- ☒ Splash cold water on your face or hands
- ☒ Do a body scan – check your shoulders, jaw, fists
- ☒ Set a 2-minute timer to pause and reset
- ☒ Visualize your child as a younger version of themselves
- ☒ Repeat a calming phrase (e.g, “I’m safe, they’re safe, this will pass”)
- ☒ Count backward from 10
- ☒ Squeeze a stress ball or grab something sensory (soft cloth, cool water)
- ☒ Journal or jot a quick note: What am I feeling? What do I need?
- ☒ Text a trusted friend: “Just venting for 1 min,