

# Pause Before You React



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



**1. What am  
I feeling?**



Notice it.  
Name it.  
Let's get clear.



**2. What can  
I control?**



My words.  
My actions.  
My response.  
Focus there.



**3. What is my  
child experiencing?**



Scared? Confused? Sad?  
Needing connection?  
Try to see their world.



**4. What is one  
useful next action?**



Small. Kind. Clear.  
What helps  
right now?  
Do that.

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



Back to the Child

NO BLAME. NO SHAME. NO SIDES.