

CALM CONVERSATIONS WORKBOOK

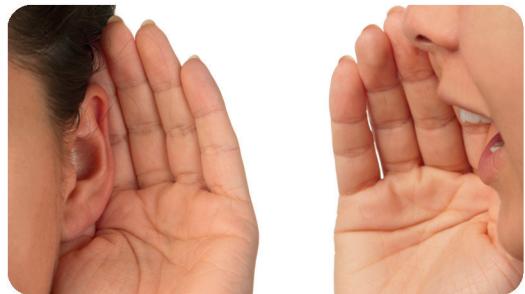


1. Pause & Prepare

Before you speak, find your calm.
Notice your own emotional state and take a breath before responding.
Reflect on what your child – and you – truly need in that moment.
Calm begins with you.

2. Listen & Understand

Connection starts with curiosity.
Listen not to correct, but to understand.
Children feel seen and safe when we listen without judgment.
When we truly listen, children open their hearts.



3. Respond with Calm & Clarity

Speak gently, with empathy and intention.
Choose words that guide rather than control, and tone that reassures.
Empathy in action builds emotional resilience.

4. Reflect & Repair

Speak gently, with empathy and intention.
Choose words that guide rather than control, and tone that reassures.
Empathy in action builds emotional resilience.

