

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.

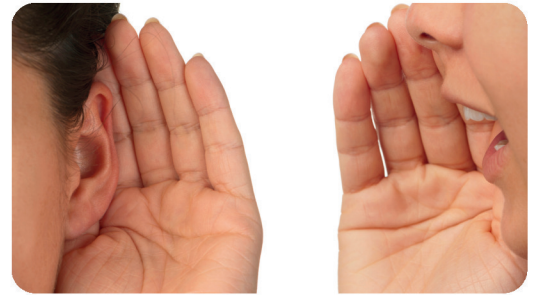
2. Listen & Understand

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.

