

WHEN YOUR CHILD SAVES THEIR HARDEST MOMENTS FOR YOU



CREATED BY C. EMRYN MACKINTOSH

IF YOUR CHILD SEEMS “FINE”
EVERYWHERE ELSE BUT FALLS
APART AT HOME, THIS IS OFTEN A
SIGN OF SAFETY, NOT FAILURE.

WHAT'S HAPPENING

- YOUR CHILD IS HOLDING IT TOGETHER ALL DAY
- THEIR NERVOUS SYSTEM RELEASES TENSION WHERE IT FEELS SAFEST
- MELTDOWNS ARE A FORM OF EMOTIONAL AND PHYSICAL EXHALE

Behaviors are communication.

What this means

- You are their safe base
- Their body trusts you enough to let go
- This is about regulation, not behavior

What helps in the moment

- Slow your breathing and soften your body
- Lower your voice and reduce words
- Offer presence and reassurance, not lessons

Meltdowns are signals,
not failures.

WHAT HELPS OVER TIME

- PREDICTABLE ROUTINES AND RESPONSES
- PRACTICING CALMING TOOLS TOGETHER WHEN EVERYONE IS REGULATED
- REPAIR AND REASSURANCE AFTER HARD MOMENTS

YOUR STEADINESS IS TEACHING THEIR NERVOUS SYSTEM HOW SAFETY FEELS.

SUPPORT BEATS COMPLIANCE.

IF YOUR CHILD UNRAVELS MOST WITH YOU, IT DOESN'T MEAN YOU'RE CAUSING IT.

IT MEANS YOU'RE THEIR SAFEST PLACE.

THEIR NERVOUS SYSTEM KNOWS IT CAN FINALLY STOP HOLDING EVERYTHING IN.

YOUR CALM PRESENCE MATTERS MORE THAN PERFECT RESPONSES.

YOU DON'T NEED TO FIX THE MOMENT—JUST STAY CONNECTED THROUGH IT.

Your child isn't giving you a hard time—they're having one.