

Meltdown Anchors

To steady the parent's nervous system during the meltdown because that's what carries everyone through the moment.



With 15+ years of experience supporting children and families, I help parents reduce meltdowns, power struggles, yelling, and punishment through regulation, connection, and calm leadership.

Grounded in child development and the belief that real behavior change comes from safety, not fear or control.

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Certified Parent Coach

Meltdown Mantras

A mantra gives your nervous system something steady to hold onto when everything feels loud, urgent, or overwhelming.



"This is a nervous system response, not a behavior problem."



"I don't have to fix this to keep my child safe."



"The emotions will rise and fall."



"Connection stays open, even here."



"I can stay anchored, even if this is loud."

Your goal is to stay anchored and ride the waves without being pulled out to sea.

Simple Regulation Anchors (In the Moment)

Regulation anchors give your body something to do when thinking and problem-solving aren't available.

Just choose one as needed.



Slow your exhale



Drop your shoulders



Plant your feet



Lower your voice or go quiet



Reduce words



Soften your gaze or look away if needed

Signs You Might Be Getting Pulled Under

- Your chest feels tight or your breath gets shallow
- You feel urgent pressure to make it stop
- Your thoughts start racing or go blank
- Your voice gets louder or sharper without meaning to
- You feel frozen, panicked, or on the verge of tears
- You start repeating yourself or over-explaining
- You feel an impulse to threaten, punish, or walk away completely
- You feel disconnected from your child or from yourself

These are nervous system signals, not signs you're doing something wrong or incapable of containing this meltdown.

If You're Starting to Get Pulled Under

Examples:

- ✓ Step back a few feet while staying present
- ✓ Place a hand on your chest or legs
- ✓ Name silently what you see ("He's upset. But he's safe. I'm here. My presence is enough.")
- ✓ Tag in support if available

***These may not be appropriate if there is an immediate safety concern during a meltdown. If there is child trauma or persistent physical aggression or destruction, please email me for deeper support. In the meantime, use the safety plan you have.*