



The Empowered Parent

MELTDOWN SAFETY PLAN

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When in Crisis: Safety First

Core Message:

“When safety is threatened — emotional or physical — everything else pauses. Your only job is to help the nervous system return to safety.”

1 Pause

Stop All Teaching

- No coaching, no logic, no reasoning.
- The brain is offline during threat, this is survival mode.
- Your calm body is the teaching right now.

Mantra: “Safety first. Connection later. Teaching last.”

2 Protect

Ensure Physical & Emotional Safety

- Get everyone safe (move breakables, step between if needed).
- Speak softly, move slowly. Use safety scripts.
- Avoid punishment or lectures — focus on protection.

Mantra: “We’re safe. I’ve got you. We’ll figure this out later.”

3 Regulate

Co-Regulate Before You Communicate

- Breathe. Ground yourself (feet, breath, slow exhale).
- Mirror calm tone, low voice, few words.
- If you can’t stay calm, step away briefly with safety in mind.

Mini Tool: “Pause–Breathe–Protect–Connect.”

4 Repair

Reconnect After the Storm

- Once everyone is calm, name what happened: “That was really hard. We both got upset. Let’s take care of each other.”
- Validate feelings before addressing behavior.

Mantra: “We can always come back to connection.”

5 Reflect

Learn Later

- Only after everyone is regulated, revisit the situation with curiosity.
- Ask: “What was your body trying to say?” or “What can we try next time?”
- Link this back to the roadmap (e.g. “This week we’re focusing on nervous system awareness”).