

Parent Quick Card: After the Rumble

When everyone is calmer, help make things better.



1



Calm first

"Let's let our bodies settle."



Wait until everyone is calmer before teaching.

2



Talk

"What happened?"
"You were really upset."



Name what happened and help your child reflect.

3



Repair

"How can we make it better?"



Focus on repair, not shame.

4



Support the repair

"Say sorry when ready."
"Help clean up."
"Check on someone."
"Give space."



Choose the repair that fits the moment.

5



Try again

"What can we try next time?"



End with one small idea for next time.



Make it better, not perfect.