

17 Calming Phrases for Meltdowns That Actually Work

Simple phrases to defuse meltdowns,
support your child, and stay grounded





When your child is shutting down or hiding:

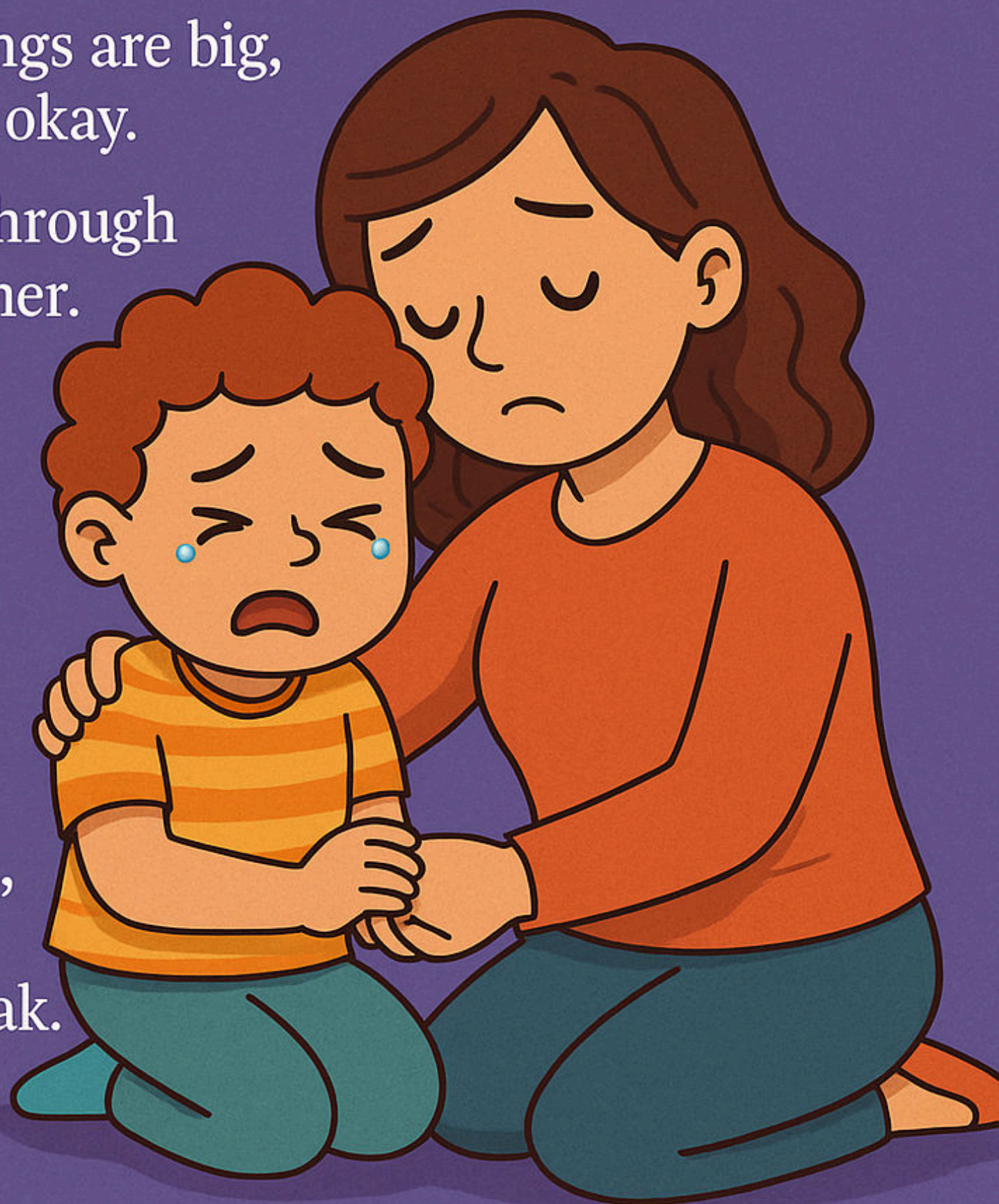
1. 'You're safe.'
2. 'I'm here when you're ready.'
3. 'I'm not going anywhere.'
4. 'I know it's too much right now. Let's breathe together.'



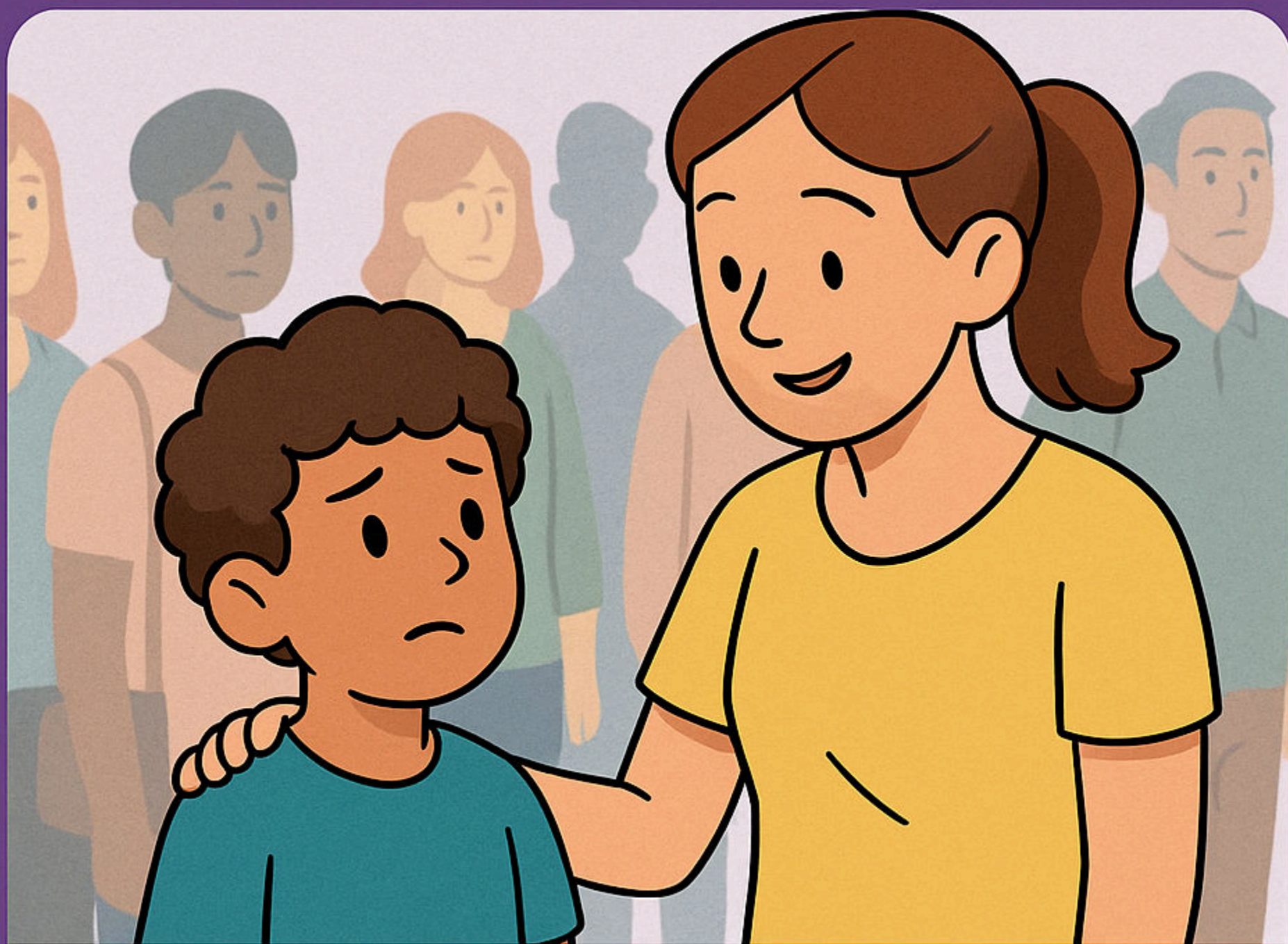
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When emotions are exploding:

5. Your feelings are big, and that's okay.
6. Let's get through this together.
7. You don't have to talk. I'll just be with you.
8. I can hold your hand, or we can take a break.



In public and feeling pressure:



9. "We'll do this together. What you need matters. Ignore everyone else." (To your child)

10. "This isn't about them. I've got my child's back." (To yourself)

11. "My child is autistic. Thank you for your patience." (To public)

"My child is autistic. Thank you for your patience." (To the public)

To help reconnect afterward:

12 That was hard, but I love you.

13 You didn't do anything wrong.
Your brain was overwhelmed.

14 Want to talk or just cuddle?

15 When you're ready,
let's talk about
what helped.



To calm your own inner voice:

16. This isn't misbehavior – it's distress.

17. He can't help this. He's having a hard time. I'm showing up.



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