

The Desk & Fridge Cheat Sheet

TOP 5 IN-THE-MOMENT RULES

1	Lower your pitch and volume before you speak — calm is contagious, and it works faster than volume ever did.
2	Drop to their eye level. A voice from above reads as a threat; a voice at eye level reads as safety.
3	Pause 5 seconds before responding. Let the first wave of your own reaction pass before you open your mouth.
4	State the boundary once, calmly — then offer a choice, not a command.
5	If you're the one escalating, regulate yourself first. Everything else can wait 10 seconds.

THE 3-STEP PARENT RESET

1. STOP

Close your mouth. Take one full breath.
Unclench your jaw and your hands.

2. NAME IT (silently)

"I'm activated, not in danger." Your child is not the threat — your own alarm is firing.

3. RESET

Drop your voice a full register before the next sentence leaves your mouth. Then respond.

EMERGENCY SCRIPT CHEAT TABLE

PROBLEM	QUICK SCRIPT	PROBLEM	QUICK SCRIPT
Bedtime resistance	"Chart says pajama time. Blue ones or red ones?"	Backtalk / disrespect	"I won't be spoken to like that. 15 minutes, then we talk."
Public meltdown	"It's okay to cry. I'm right here until you're ready."	Late-night phone use	"We agreed 9 PM charging. How long to wrap up?"
Screen time transition	"Timer's up. You press off, or I help you?"	Broken curfew	"Glad you're safe. We'll talk at breakfast tomorrow."
Sibling hitting	"Hands are not for hurting. Tell him, 'I want a turn.'"	Slipping grades	"Not here to yell — what's getting in the way?"
Morning rush	"Leaving in 10. What's next on your checklist?"	Overspending (20+)	"Let's look at your budget and set a takeover date."
Homework meltdown	"5-minute breather, then show me the trickiest part."	Unsolicited-advice friction	"Want to brainstorm it? Happy to listen — no pressure."
Chores / messy room	"When blocks are in the bin, then the park. Which first?"	Co-living conflict (20+)	"We're all adults — let's agree on chores and quiet hours."
Whining / tone	"My ears struggle with that tone. Try your strong voice."		