Our Storm Plan

For: _____ Calm first. Limits later. Lessons much later.

Before: early signs

What I notice when the storm is building

During: 3 steps

1. **Safe and quieter**
2. **Get low, get calm, no demands**
3. **Few, steady words**

Our calm words

"You're safe." "I'm here." "No jobs right now."

After: refuel and reconnect

Drink, snack, quiet time, comfort item

What helps early

Talk later about

My own calm: One slow breath. Shoulders down. "This is distress, not defiance. It will pass." If anyone is in danger, call 000.