Before the Grab Card

Notice early. Speak short. Give hands a job.

1 Warning signs

- [ ] Shoulders up
- [ ] Voice higher or louder
- [ ] Fast breathing
- [ ] Hovering, staring at a toy
- [ ] Fists opening and closing
- [ ] My child's sign: _____

2 Calm phrases

"You wanted that."

"Hard to wait."

"Hands stay safe."

"I'm here."

"Big mad feeling."

Our phrase: _____

3 Safer jobs for hands

- [ ] Push my palms
- [ ] Squeeze a squishy toy
- [ ] Carry something heavy
- [ ] Stomp or jump
- [ ] Hug a cushion
- [ ] Our idea: _____

Our tricky times: Late afternoon | Hungry | Busy places | Car seat | Sharing toys _____