My Brain Buddy

Resilience Skills Training, Counselling and Coaching for Neurodiverse Families

WHEN YOUR GRANDCHILD MELTS DOWN

Be the CALM in the room

C — **Calm yourself first**
One slow breath out. Your calm tells their body it's safe.

A — **Adjust the room**
Move breakables, dim the lights, turn the noise down.

L — **Less words**
"I'm here." "You're safe." Short and slow.

M — **Move close, don't crowd**
A hug or a metre away. Let them show you.

Then wait. It will pass.