



THE
ROSA BANKS
METHOD

LESS CONFLICT.
MORE CONNECTION.

Meltdown Plan

*Preparation brings calm.
Calm brings safety. Safety brings trust. ♥*



Meltdowns are not a choice. How we respond can make all the difference.
This plan helps you stay calm, keep everyone safe and protect your relationship in the moments that matter most.



1

BEFORE Plan ahead

When we prepare, we reduce stress
and make meltdowns less likely
and less intense.

KNOWN TRIGGERS

What commonly leads to meltdowns?

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.....
.....

EARLY WARNING SIGNS

What does my child show
when they are getting overwhelmed?

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.....
.....

PREVENTION STRATEGIES

What helps reduce the chances
of a meltdown?

- ☐ Good sleep
- ☐ Regular meals and hydration
- ☐ Movement and downtime
- ☐ Predictable routines
- ☐ Sensory supports
- ☐ Choice and control
- ☐ Connection and low demands
- ☐ Other:



2

DURING Stay calm, keep safe

In the moment, our calm is
our child's anchor.

MY FOCUS

What are my priorities right now?

- ☐ Keep my child safe
- ☐ Keep others safe
- ☐ Reduce sensory input
- ☐ Stay calm and present
- ☐ Say less
- ☐ Other:



WHAT HELPS MY CHILD

What usually helps them
during a meltdown?

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.....

WHAT I WILL DO

The responses I will choose:

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.....

WHAT I WILL NOT DO

Things I know can make it worse:

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Remember

This is not the time to talk,
teach or problem solve.
This is the time to stay calm
and keep everyone safe.



3

AFTER Reconnect and reflect

Repair comes after regulation.
Reflection helps us learn and adapt.

AFTER-CARE

What might help my child
recover afterwards?

- ☐ Quiet time
- ☐ Food or drink
- ☐ Comfort item
- ☐ Time outside
- ☐ Connection
- ☐ Other:



HOW I WILL RECONNECT

How will I rebuild connection
when they are calm?

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.....

WHAT I WANT TO LEARN

What was this meltdown trying
to tell me?

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.....

ONE SMALL ADJUSTMENT

What is one small change I could
make for next time?

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.....



MY CALM PLAN

What helps me stay calm?

.....
.....
.....

My calm helps my child find their calm. ♥



MY SUPPORT TEAM

Who can I call on?

-
-
-
-



Keep returning to your compass.

You don't need to be perfect.

You just need a plan, self-compassion and people who get it.

