



ROSA BANKS
THE ROSA BANKS METHOD

Ripple, Swell or Storm?

*Is this something to respond to today...
or simply a wave to let pass?*

A calm home isn't created by responding to everything.
It's created by knowing what really matters.



Ripple

Small behaviours that are irritating but don't really matter.

Examples

- Socks on the floor
- Eating with fingers
- Wearing the same hoodie
- Talking too loudly
- Leaving their room messy



USUALLY BEST RESPONSE

Notice it. Let it pass.



Swell

Worth paying attention to, but not urgently.

Examples

- Staying up too late
- Avoiding homework
- Snapping at siblings
- Skipping a shower
- Withdrawing more than usual



USUALLY BEST RESPONSE

*Observe first.
Think before acting.*



Storm

Safety, wellbeing or long-term development are genuinely at risk.

Examples

- Violence
- Running away
- Self-harm
- Serious safeguarding concerns
- Substance misuse



USUALLY BEST RESPONSE

*Act calmly.
Keep everyone safe.*



1. WHAT'S HAPPENING?

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



2. WHY DO I THINK IT'S HAPPENING?

Tick anything that might be contributing.

- | | | |
|---|--|---|
| ☐ Anxiety | ☐ Burnout | ☐ School demands |
| ☐ Sensory overload | ☐ Communication | ☐ Sleep |
| ☐ Executive Function | ☐ Low mood | ☐ Other: _____ |



3. WHICH WAVE IS THIS?

Choose the one that feels most accurate right now.



RIPPLE

☐

SWELL

☐

STORM

☐

4. WHAT MAKES ME THINK THAT?

.....
.....



5. IF I DID NOTHING TODAY...

What would probably happen?

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



6. IF I CHOSE TO IGNORE THE INVITATION FOR CONFLICT...

What might that look like?

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



7. ONE SMALL DECISION

Today I am going to...

- ☐ Let it pass
- ☐ Observe for a few more days
- ☐ Make one environmental adjustment
- ☐ Have a calm conversation later
- ☐ Take action now



Not every wave needs a response.
Your calm is a gift to your child.

