

Your Calm Plan - Building Your Foundation

Part 1: Finding Your Tiny Moment of Calm

Forget meditation apps. Forget yoga at dawn. Pick ONE thing you'll actually do:

Morning Reality Options:

- Three breaths while kettle boils (my personal favourite)
- Feet on floor before getting up (5 seconds is enough)
- Shoulder rolls in shower (multitasking win)
- Breathe at one red traffic light (school run sorted)
- "I can do this" in mirror (while brushing teeth)

Evening Survival Options:

- Release jaw while they brush teeth (game changer)
- Three breaths before entering bedroom (for bedtime battle)
- "We survived today" acknowledgment (in bed)
- Hold partner's hand for 30 seconds (no talking needed)
- Write one good thing (on phone notes is fine)

Pick ONE. Which one made you think "I could maybe do that"?

That one: _____

When exactly: _____ (Be specific: "While coffee brews" not "morning")

What'll remind you: _____ (Sticky note? Phone alarm? Partner's job?)

Part 2: Hijacking Routines You Already Have

You're already doing these things. Just add words. Same words. Every day.

Morning Routine - Pick ONE to add words to:

- Waking up: "Morning! New day!" (that's it)
- Breakfast: "Pour... eat... yummy" (describe what's happening)
- Getting dressed: "Shirt on... trousers on... done!" (simple play-by-play)
- Leaving house: "Shoes... bag... let's go!" (same order daily)

Which ONE: _____

Your 3-5 words: _____ (Seriously, maximum 5)

Evening Routine - Pick ONE:

- Dinner: "Eat... drink... full tummy"
- Bath: "Water on... splash splash... all clean"
- Teeth: "Brush brush... rinse... sparkly!"
- Bed: "Story... cuddle... night night"

Which ONE: _____

Your 3-5 words: _____

That's it. Two routines. Few words. Every day. Magic happens.

Part 3: The Play Promise (Be Realistic)

How often can you REALLY do this?

- 10 mins daily (hero level)
- 10 mins every other day (realistic)
- 20 mins twice a week (still brilliant)
- Weekends only (absolutely fine)
- When I can (honest)

What type suits your energy?

- Parallel (you do your thing, they do theirs) - EASIEST
- Mirror (copy what they do) - MIDDLE EFFORT
- Sensory (movement/mess) - MOST ENERGY
- Whatever I can face that day - REALISTIC

When are you least knackered?

- Morning before life gets crazy
- After school (they need it)
- Before bed (calming down)
- Weekend mornings (more time)

The truthful answer: _____

Remember: 5 minutes of real presence beats 30 minutes of guilty/distracted play

Part 4: Your Meltdown Survival Kit

Know Your Enemy (Main Triggers):

1. _____ (e.g., "Transitions especially leaving park")
2. _____ (e.g., "Hungry + tired = disaster")

One thing I'll try to prevent them: _____ (e.g., "5-minute warnings" or "snacks in bag always")

During Meltdown Emergency Kit:

- My breathing thing: _____ (e.g., "Out longer than in")
- My phrase: _____ (e.g., "Storm not emergency")
- My body trick: _____ (e.g., "Drop shoulders, unclench jaw")

After the Storm:

- First words: "That was hard" (always works)
- Our calm-down thing: _____ (cuddle/snack/CBeebies)
- No discussing it for: [] 10 mins [] 1 hour [] till tomorrow

Write this on your phone. You'll forget mid-meltdown.

Part 5: Your Voice Practice (Baby Steps)

This week I'll say ONE of these without apologising:

- "That doesn't work for us"
- "I need that in writing"
- "We'll need time to think"
- "My child needs..."
- "No, actually"

Where I'll practice first: _____ (start safe - maybe with partner/friend)

My monthly reality check:

- Email school once (not daily stalking)
- Write down one win (however tiny)
- Update that one-page profile
- Book one thing (GP/therapy/coffee with friend who gets it)

This month I'm focusing on: _____ (ONE thing - e.g., "Getting speech therapy referral")

Stop trying to advocate for everything at once. Pick battles. Win some.

Your Week (The Real Version)

Monday - Survival Mode

Morning thought: "We're all alive. Win." Focus: Remember one tool from course

Tuesday to Thursday - Just Showing Up

Try to:

- Use your calm breath thing once
- Say routine words (even if tired)
- Play for 5 minutes (if possible)
- Not beat yourself up

Friday - Still Here

Question: "What didn't completely fail?" Celebrate: You made it to Friday

Weekend - Lower Expectations

Less structure (kids wake when they wake) More coffee Maybe some play Definitely some CBeebies

This is realistic. Adjust up when life allows.

The Truth About Making This Stick

The Realistic Timeline

Week 1: Try to remember to breathe. Forget mostly. Normal.

Week 2: Breathing becomes habit. Feel smug. Add routine words.

Week 3: Forget everything. Feel guilty. Start again.

Week 4: Some things sticking. Others not. Reality.

Week 5+: Find your rhythm. Mostly.

When You Bollocks It Up (Not If, When)

Yesterday I forgot every single tool. Yelled during meltdown. Hid in bathroom. 25 years experience.

Here's what I did:

1. **Had a cry** (valid response)
2. **Picked ONE thing** (not whole plan)
3. **Started immediately** (did repair cuddle)
4. **Lowered bar to floor** (aim: don't yell today)
5. **Remembered my why** (Dilan needs calm mum)

Your plan will fail sometimes. That's not failure. That's life.

Your Support System

Who knows about your Calm Plan:

- Partner: _____
- Friend: _____
- Professional: _____
- Online community: _____

Who can remind you gently:

Who can take over when needed:

Your Actual Doable Plan

Daily Non-Negotiables (Pick 1-2 MAX):

1. _____ (e.g., "Breathe while kettle boils")
2. _____ (e.g., "Say 'morning, new day'")

That's it. Not 10 things. One or two.

Weekly Intention (Pick ONE):

Play once without phone Use routine words most days Practice advocacy phrase Just survive (valid choice)

When Shit Hits Fan I'll:

1. Remember to breathe (even badly)
2. Say "storm not emergency" (even if I don't believe it)
3. Lower all expectations
4. Try again tomorrow

I'll Know Something's Working When:

- Meltdowns are 10 minutes shorter
- I yell less (not never, just less)
- They look for me when upset
- I feel 5% less mental
- We have one good moment daily

Small signs. Real progress.

Living Your Calm Plan

This isn't about adding more to your plate. It's about being intentional with moments that already exist.

Your Calm Plan should feel like:

- A gentle rhythm, not rigid rules
- Support, not pressure
- Progress, not perfection
- Love in action

Your Promise to Yourself (Not Me)

I'll try this messy, imperfect plan for:

- Today (start here)
- This week
- Two weeks
- Till I forget then start again
- No promises, just trying

Starting: [] Tomorrow [] Monday [] Right bloody now

Signed: _____ (or just think "okay, I'll try")