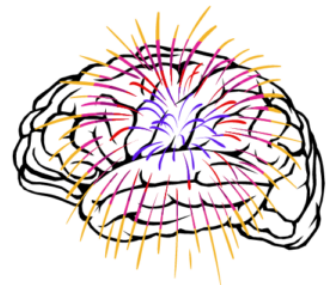


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The Calm Parent Pack

Simple tools to support your anxious or neurodivergent child and stay grounded as a parent.

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If you're here, you're probably navigating big emotions, sensory overwhelm, or constant dysregulation and doing your best to support your child while feeling stretched thin yourself.

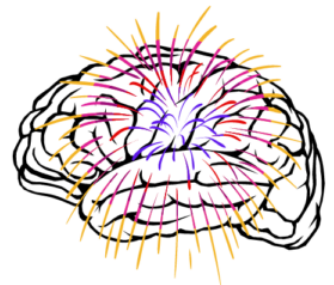
As a parent of a neurodivergent kid, I know firsthand the challenges and joys that come with it. This pack is designed to offer practical tools and gentle reminders to help navigate the journey with more calm and confidence.

Some days work beautifully. Some days don't. This toolkit isn't about fixing your child. It's about giving you gentle, realistic tools to support regulation and reminding you that you're not failing when things feel hard.

Instructions:

- **Download and print the pages.**
- **Use the Morning Routine Chart and Calming Choices Board with your child.**
- **Review the IEP Prep Checklist before your next meeting.**
- **Adapt the School Communication Script to fit your needs.**
- **Read the Parent Grounding Affirmations whenever you need a moment of peace.**

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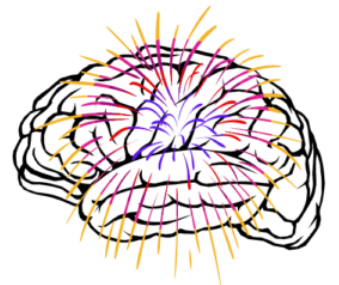
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IEP CHECKLIST

- Review your child's current IEP.
- Gather any recent evaluations or assessments.
- Make a list of your child's strengths and areas where they need support.
- Write down your goals for your child's education.
- Prepare questions to ask the IEP team.
- Bring a support person, if desired.
- Remember you are an important part of the team!

School Communication Script

Use this template as a starting point for communicating with your child's school.



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Subject: [Child's Name] - [Brief Description of Issue]

Dear [Teacher/School Contact Name],

I am writing to you today regarding [Child's Name]'s progress/behavior/needs in [Specific Subject/Area].

I have noticed [Specific Observations/Concerns].

I would appreciate the opportunity to discuss this further with you at your convenience. I am available on [List Available Dates/Times].









Thank you for your time and dedication to [Child's Name]'s success.

Sincerely,

[Your Name]

[Your Contact Information]

My Calm Morning Plan

	Wake up and Stretch	<input type="checkbox"/>
	Use the Bathroom	<input type="checkbox"/>
	Brush Teeth	<input type="checkbox"/>
	Wash Face	<input type="checkbox"/>
	Get Dressed	<input type="checkbox"/>
	Eat Breakfast	<input type="checkbox"/>
	Pack Bag / Check Items	<input type="checkbox"/>
	Calm Moment / Sensory	<input type="checkbox"/>

Calm Choices

Choose one calm activity

Take 5 Deep Breaths



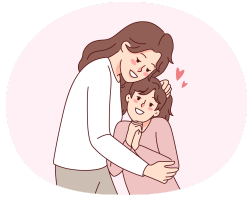
Stretch



Take a Walk



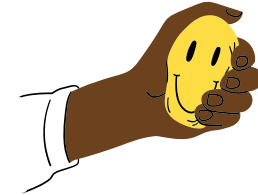
Hug Something



Drink Water



Squeeze Something



Read



Headphones



Draw or Color



Count to 10



Movement Break



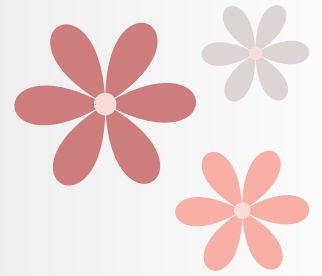
Listen to Music






Parent Affirmations

Repeat these affirmations to yourself when you feel overwhelmed or stressed.



I am doing my Best	I am a good parent	I am patient and understanding
I am strong and capable	I am enough.	I choose calm
I am present in this moment	My child is loved and supported	

Take a deep breath, you got this!

For more resources and support visit

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