

# Print-Ready Wallet Cards-Front

Print on 14-16pt matte cardstock or plain paper and laminate. Double-sided (flip on long edge). Full Color. Cut along crop marks.

<p>When your child is in distress!</p> <p>1 REGULATE Calm the body first. 2 RELATE Connect before you correct. 3 REASON NOW you can think together.</p> <p>The order matters. You can't skip to Step 3.</p>	<p>When your child is in distress!</p> <p>1 REGULATE Calm the body first. 2 RELATE Connect before you correct. 3 REASON NOW you can think together.</p> <p>The order matters. You can't skip to Step 3.</p>
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# Print-Ready Wallet Cards-Back

Cards are mirrored horizontally so fronts and backs align when printed double-sided (flip on long edge).

<p>READY FOR THE NEXT STEP?</p> <p><b>Step 2:</b></p> <ul style="list-style-type: none"><li>Breathing has slowed</li><li>Body relaxed</li><li>Can make eye contact</li><li>Crying from panicked to softer</li></ul> <p><b>Step 3:</b></p> <ul style="list-style-type: none"><li>Talking, not reacting</li><li>Can hear you without escalating</li><li>They seem like "themselves" again</li></ul> <p><b>CHECK YOURSELF FIRST:</b> Am I in MY window? If not – one breath, then engage.</p> <p><small>Based on Dr. Bruce Perry's Neurosequential Model   © The Underrated Superhero</small></p>	<p>READY FOR THE NEXT STEP?</p> <p><b>Step 2:</b></p> <ul style="list-style-type: none"><li>Breathing has slowed</li><li>Body relaxed</li><li>Can make eye contact</li><li>Crying from panicked to softer</li></ul> <p><b>Step 3:</b></p> <ul style="list-style-type: none"><li>Talking, not reacting</li><li>Can hear you without escalating</li><li>They seem like "themselves" again</li></ul> <p><b>CHECK YOURSELF FIRST:</b> Am I in MY window? If not – one breath, then engage.</p> <p><small>Based on Dr. Bruce Perry's Neurosequential Model   © The Underrated Superhero</small></p>
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