3 Scripts to Try Tonight

Real scripts from the Playbook, word for word. Every one follows the same calm rhythm — Validate the feeling, hold the Boundary, offer a Choice (V.B.C.). Read them exactly as written; that is the point.

SCRIPT #3 · MORNING RUSH

Refuses to put on shoes when late

"Your feet want to stay free, and it's time to go. Should the shoes go on by yourself, or should Mommy's silly helper hands put them on?"

Then: count to five silently. If they freeze, calmly help them.

SCRIPT #15 · MEALTIME

Wants the blue cup, not the green one

"You were hoping for the blue cup! It's taking a bath in the dishwasher right now. Do you want the green cup or the silly straw cup?"

Then: hold up both available options at eye level and wait quietly.

SCRIPT #20 · MEALTIME

Screams because the banana broke in half

"Oh man, you wanted one big whole banana and it snapped! That's so frustrating. I can't glue it back, do you want to hold both pieces or put them on a plate?"

Then: do not mock the trigger; let them grieve for 30 seconds if needed.

Worked? There are 87 more where these came from — plus the swaps, the games and the fridge sheet. Page 2 shows you the whole toolkit.

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The Complete Toolkit

Everything in the $27 download — five PDFs, ready in minutes:

- **The Playbook (17 pages)**

  All 90 word-for-word scripts across 9 everyday categories — mornings, mealtimes, hitting & biting, leaving, public meltdowns, siblings, screens, bath and bedtime.

- **Don't Say / Say Instead (15 swaps)**

  The phrases that pour fuel on a meltdown, and the calm sentence that replaces each one.

- **8 Sensory Reset Games**

  Sixty-second resets that burn off the wiggles and bring the calm back.

- **Fridge Cheat Sheet (1 page)**

  The Emergency Meltdown Protocol plus the Top 10 one-liners — print it, stick it on the fridge.

- **Printable Script Cards (15 pages)**

  All 90 scripts as cut-out cards for your pocket, the car and Grandma's house.

- **14-Day Calm Habit Tracker**

  One script a day. Two weeks from now, the words are simply yours.

$27 · Instant Download

Get it at totcalmkit.com — that's $0.30 a script.

An honest note: this Playbook is an educational parenting reference, not medical or therapeutic advice. And no script stops every tantrum — what they give you is the right words, ready before the moment hits.

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