

# WHY CALM ADULTS MATTER

Children learn how to cope by watching the adults around them. When emotions run high, children look to adults to guide them back to safety. Calm adults help children settle when they cannot do it on their own.

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## WHEN ADULTS STAY CALM



The situation feels safer



The child's body can slow down



Feelings become less intense



Behaviour is easier to manage

Calm does not mean silent or passive. It means steady and controlled.

## WHEN ADULTS ARE OVERWHELMED



Children often feel it too



Children may become louder, more distressed, or shut down



This is not because they are being difficult



It is because they are reacting to stress

## CALM ADULTS HELP CHILDREN LEARN THAT



Strong feelings can be handled



Problems do not need panic



Support is available during hard moments



Safety comes before consequences

This helps children build emotional strength over time.

## WHAT CALM LOOKS LIKE IN PRACTICE



A steady voice



Slower movements



Clear and simple words



Pausing before responding



Taking a breath before acting

## WHY THIS MATTERS LONG TERM

Children who experience calm adults are more likely to:



Feel secure



Trust guidance



Learn self-control



Recover more quickly after stress

CALM ADULTS HELP CHILDREN FIND THEIR CALM.

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