



Parent Peace Bundle

10 simple toolkits to reduce chaos, support routines, and help kids thrive (Infant–12).

What's inside:

- 1) Calm in 60 Seconds Toolkit (Ages 1–12)
- 2) Big Feelings Script Pack (Ages 2–12)
- 3) Infant Calm & Connection (0–18 months)
- 4) Transition Timer System (Ages 2–8)
- 5) 7-Day Try New Foods Challenge (Ages 2–12)
- 6) Bedtime Without Battles (Ages 1–12)
- 7) Road Trip Snack Smart Kit (No choking hazards)
- 8) Snack Time for Babies on the Go (6–18 months)
- 9) Georgia Family Fun Finder (Infant–12)
- 10) Parent Peace Planner (Weekly Rhythm — Infant–12)

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838

Scan to book.



Calm in 60 Seconds

A quick parent toolkit for big feelings (Ages 1–12)

- A simple 3-step reset you can use anywhere
- Body-based calming tools that work fast (not lectures)
- Exact phrases to say during and after a meltdown
- A calm corner setup you can build with items you already have

Book a tour / reserve care

[https://app.tryplayground.com/
fAbHtF8g4lqRA5bCm0IW/book/
DY8GxNPkIv01uCRHqdHG](https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG)

Call/Text: 404-609-0838



How to use this: Print it, keep it in your car or on the fridge, and practice one tool when your child is calm. Practice makes it work faster when emotions are big.

The 60-Second Reset

When your child is escalating, your goal is regulation first. Teaching comes later.

1) Get close + go low	Lower your voice. Get down to their level. Keep your face relaxed.
2) Name it	Say: "You're upset. I'm here." (Short. Calm. No questions.)
3) One choice	Say: "Hug or space?" or "Do you want to sit here or over there?"
4) One body reset	Pick ONE tool from the next page and do it for 30–60 seconds.
5) Repair after	When calm returns, reconnect and practice a better next step (page 4).

What to avoid in the moment

- Debating, lecturing, or asking lots of questions
- Threats or long consequences while they are dysregulated
- Repeating directions louder (it usually increases escalation)

Remember: A dysregulated child cannot "reason" their way back to calm. Use the body first.

Body Reset Tools (Pick ONE)

Choose the tool that matches your child's age and energy level. Keep it simple and repeat it.

Ages 1–3: simple + sensory

- Slow rocking or paced walking (30–60 seconds)
- Hand-over-hand “balloon belly” breaths (5 slow breaths)
- Cold washcloth on cheeks or hands (quick reset)
- Tight hug / squeeze (only if they want it)

Ages 4–6: heavy work + games

- Wall pushes x10 (push like you're moving the wall)
- Animal walks (bear walk to the calm spot)
- Blow an imaginary candle x5 (slow exhales)
- “Stomp and freeze” game (10 stomps, then freeze)

Ages 7–12: choice + control

- 4-4-4 breaths: inhale 4, hold 4, exhale 4 (3 rounds)
- Carry books/toys to a basket (heavy work reset)
- Cold water on hands + slow breathing (30 seconds)
- Write it / draw it: 60-second feelings sketch (no talking required)

Words that work (choose one): “You're safe.” • “I'm here.” • “We can be mad and still be safe.”

What to Say (Scripts You Can Use)

During the meltdown (keep it short)

- “You’re upset. I’m here.”
- “Hug or space?”
- “I won’t let you hurt yourself or others.”

After the storm (repair in 2 minutes)

- “That was hard. I’m glad we’re back together.”
- “Next time, should we try wall pushes or breathing first?”
- “Let’s practice once while we’re calm.”

Transitions (leaving, bedtime, cleanup)

- “Two-minute warning. Then we go.” (set a timer)
- “First _____, then _____.”
- “Do you want to walk or be carried?” / “Do you want to race or tiptoe?”

Build a Simple Calm Corner

Keep it small. The goal is a predictable place your child associates with safety and reset.

- Basket with 2–3 items: fidget, small stuffed animal, soft blanket
- Timer (visual timer is best)
- Feelings chart (pointing is easier than talking)
- One sensory tool: stress ball, textured cloth, or calm jar

Book a tour / reserve care

<https://app.tryplayground.com/fAbHtF8g4IqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Big Feelings Script Pack

Exact phrases for calmer transitions, better listening, and fewer power struggles (Ages 2–12).

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Big Feelings Script Pack (Ages 2–12)

Use the pattern: **Name feeling** → **Boundary** → **Choice**.

Transitions

“Two minutes, then we switch.”

“Hop like a bunny or walk like a robot?”

Whining

“I can’t understand whining. Try again in a calm voice.”

Hitting

“I won’t let you hit.”

“Squeeze this pillow instead.”

Not listening

“I’ll say it once, then we’ll do it together.”

Bedtime

“Your body needs rest.”

“Story first or pajamas first?”

Leaving the park/store

“It’s time to go.”

“Hand or cart?”

Sharing

“You’re not done. Timer for your turn.”

Tantrum starting

“You’re upset. I’m here.”

“Hug or space?”

Quick swaps: “Stop!” → “Hands down.” • “Calm down.” → “Breathe with me.”

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Infant Calm & Connection

A soothing ladder + nap reset routine for ages 0–18 months.

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Infant Calm & Connection (0–18 months)

Quick note: General support—not medical advice. If you're worried about feeding/reflux/breathing/illness, contact your pediatrician.

The 5-Step Soothing Ladder

- 1 Check basics: diaper, hunger, temperature, comfort.
- 2 Reduce stimulation: dim lights, lower noise, slow movements.
- 3 Add rhythm: rocking, paced walking, gentle sway.
- 4 Add sound: shushing, soft humming, white noise.
- 5 Add connection: skin-to-skin, steady cuddle, calm voice.

Nap Reset Routine (5 minutes)

Quiet + dim • Sleep sack (as appropriate) • Rhythm + sound • Place down drowsy • Repeat the same cues consistently.

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

The Transition Timer System

A simple system for smoother transitions (Ages 2–8).

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

The Transition Timer System (Ages 2–8)

3 steps: Preview → Timer → Helper Job

Step 1: Preview

Say once: “In 5 minutes, we’re switching.”

Step 2: Timer

Set a timer they can see/hear. “When it beeps, we switch.”

Step 3: Helper Job

Give a job: “Carry the books or stack the blocks?”

Favorite Helper Jobs

- Line leader
- Light switch helper
- Door holder
- Toy captain (pick 5 toys)
- Snack napkin helper

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

7-Day Try New Foods Challenge

A no-pressure plan for picky eaters (Ages 2–12).

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

7-Day Try New Foods Challenge (Ages 2–12)

Rules: One new food + one safe food • Tiny portions • Exposure counts • No pressure bites.

Taste Ladder

Look → Touch → Smell → Lick → Tiny bite → Bite → Eat some

7-Day Plan

Day	What to do
Day 1	Pick 2 safe foods + 1 new food (tiny portion).
Day 2	Same new food, different shape (slice/stick/dip).
Day 3	Add a dip (yogurt, hummus, sauce).
Day 4	Pair new food with a favorite (rice/pasta/cheese).
Day 5	Family-style serving (child serves themselves).
Day 6	Food play exposure (build/stack/sort).
Day 7	Celebrate progress + choose next new food.

What to say: “You don’t have to eat it. Just explore it.” • “Thanks for trying—your job is practice.”

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Bedtime Without Battles

A 20-minute bedtime routine template (Ages 1–12).

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Bedtime Without Battles (Ages 1–12)

Bedtime rhythm: Connection → Hygiene → Calm body → Story → Lights out

20-Minute Routine

Time	What to do
5 min	Connection: cuddle, short chat, “favorite part of today.”
5 min	Hygiene: bathroom, brush teeth, pajamas.
5 min	Calm body: dim lights, slow music, 5 balloon breaths.
5 min	Story: 1–2 short books OR 1 chapter (same time nightly).

Scripts that work

“It’s time for rest. Story first or pajamas first?”

“I’ll check on you in 5 minutes.”

“Your body is safe. Breathe with me.”

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Road Trip Snack Smart Kit

Safe, kid-friendly road trip snacks (Ages 1–12)

Choking-hazard aware: This kit **excludes** common choking hazards such as whole grapes, grape tomatoes, hard/raw carrot coins, popcorn, hard candy, marshmallows, whole nuts (for young children), and large firm chunks. Always supervise children while eating and follow your pediatrician’s guidance for your child.

The Snack Box Formula (use every time):

Build every snack stop with: **Protein + Fiber + Soft Crunch + Hydration**

Protein	Fiber	Soft Crunch	Hydration
Greek yogurt (cup/tube)	Banana	Soft pita strips	Water
Hummus	Applesauce pouch	Soft naan pieces	Water / milk
Sunflower-seed butter sandwich strips	Sliced strawberries	Shredded cheese + soft crackers (older kids)	Water

Quick win: Offer water first, then snacks on a rhythm (every 60–90 minutes).

Packing Map + Safety Prep

Safety prep rules (especially ages 1–4):

- Choose **soft textures** and **small pieces**.
- Avoid **round + firm** foods that can block the airway (this kit excludes them).
- Serve cheese as **shreds** or **small cubes** (not big chunks).
- Cut wraps/sandwiches into **thin strips**, not thick bites.
- Sit upright for eating; no food while reclining, running, or when a child is falling asleep.

No-cooler pack list (safe picks):

- Applesauce or fruit/veg pouches
- Soft snack bars (avoid hard, crumbly bars for toddlers)
- Shelf-stable milk / water
- Sunflower-seed butter sandwich strips (or soft crackers for older kids)
- Soft fruit cups (peach/pear) in juice or water

Cooler pack list (best for long trips):

- Greek yogurt cups/tubes (freeze overnight for a “cold pack”)
- Shredded cheese + soft crackers (older kids)
- Soft steamed veggie sticks (steamed carrots, zucchini) or avocado slices
- Hummus + soft pita/naan pieces
- Mini turkey roll-ups cut into thin strips (older kids; supervise closely)

Nut-free note: For younger kids, classrooms, or allergy-sensitive spaces, skip whole nuts and use seeds or nut-free spreads.

Snack Ideas by Age (No Choking Hazards)

Ages 1–3 (toddler-safe)	Ages 4–6	Ages 7–12
<ul style="list-style-type: none">• Banana pieces• Applesauce pouch• Yogurt (tube/cup)• Soft muffin pieces• Steamed carrot sticks (soft)• Avocado slices• Soft pear/peach cup	<ul style="list-style-type: none">• Yogurt + soft granola• Sunflower-butter sandwich strips• Shredded cheese + soft crackers• Hummus + soft pita pieces• Sliced strawberries• Soft pretzel bites (chewed well)	<ul style="list-style-type: none">• Turkey wrap strips• Greek yogurt + fruit• Cheese cubes + crackers• Trail mix without whole nuts (or nuts only if age-appropriate)• Oat bites / energy balls (nut-free)• Mini sandwiches

Excluded from this kit: grapes, grape tomatoes, hard/raw carrot coins, popcorn, hard candy, marshmallows, and other common choking hazards.

Safer swaps: sliced strawberries instead of grapes; fruit cups instead of whole fruit rounds; steamed carrots instead of raw; shredded cheese instead of chunks.

Gas Station Saves + Emergency Car Kit

Gas station saves (grab-and-go):

- Water + yogurt cup/tube
- Banana + applesauce pouch
- Fruit cup (peach/pear) + water
- Cheese stick (*older kids; cut smaller for younger*) + soft crackers

Emergency car kit (keep stocked):

- Water, wipes, napkins, small trash bags
- Shelf-stable snack (applesauce pouch, soft bar) + a protein option
- Spare shirt for child + spare shirt for parent

Book a tour / reserve childcare:

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPklv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Snack Time for Babies on the Go

Travel-friendly snack ideas (6–18 months).

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Snack Time for Babies on the Go (6–18 months)

Safety note: Always supervise eating. Choose age-appropriate textures and sizes. Ask your pediatrician about any feeding concerns.

Easy snack ideas

- Soft banana pieces
- Avocado slices (soft)
- Applesauce / fruit & veg pouches
- Very soft steamed veggie sticks
- Yogurt (tube/cup) + spoon
- Soft scrambled egg pieces (if tolerated)
- Soft pear/peach fruit cup (in water)

Packing checklist

Wipes • bib • spoon • snack cup • water • mini trash bag • extra outfit

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Georgia Family Fun Finder

Free + cheap outing ideas organized for Infant–12.

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Parent Peace Planner

A weekly rhythm template for Infant–12.

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkiv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.

Parent Peace Planner (Weekly Rhythm) — Infant–12

Three anchors: Morning • After-school/after-care • Bedtime. Keep the rest flexible.

Weekly Rhythm Template

Anchor	What stays the same (example)
Morning	Wake → wash → breakfast → pack → out the door
Midday	Snack/lunch rhythm + water breaks
After-school	Decompress 15 min → snack → activity/homework → connection
Bedtime	20-minute routine (same order nightly)

15-minute weekly reset checklist

- Refill snacks/water
- Laundry quick cycle
- Restock wipes/diapers
- Plan 2 simple meals
- Pick 1 outing + 1 rainy backup

Book a Tour / Reserve Childcare

<https://app.tryplayground.com/fAbHtF8g4lqRA5bCm0IW/book/DY8GxNPkIv01uCRHqdHG>

Call/Text: 404-609-0838



Scan to book.