FOR MOMENTS WHEN THE DAY FEELS TOO MUCH

Our Family Reset Plan

A gentle guide for pausing, finding support and reconnecting



A reset is not a punishment. It is a chance to make the next moment feel safer and more manageable.

Every Star and every family is different. Use this plan when everyone is calm to think about choices that may help during a hard moment. It can change whenever your family needs it.

Notice what might be needed

These clues are not a checklist or a diagnosis. They are invitations to pause and wonder what your Star may be communicating.

Energy changes More movement, less movement, quiet, hiding or wanting to leave.	**Communication changes** Fewer words, louder words, gestures, repeated questions or no response.
The environment shifts Noise, light, crowded space, waiting, discomfort or an unexpected change.	**A task feels hard** Too many steps, uncertainty, time pressure or not knowing how to ask for help.

What can I notice before things feel harder?

One clue never tells the whole story. Stay curious, keep everyone safe and offer a simple way to pause.

Choices that may help us reset

Choose a few options together and keep them easy to find. A child can choose differently in the moment.

[ ] Lower the noise or lights

[ ] Have space with an adult nearby

[ ] Use a familiar comfort item

[ ] Move, stretch or take a short walk

[ ] Use pictures, AAC or drawing

[ ] Move to a quieter place

[ ] Sit together without talking

[ ] Drink water or have a snack if appropriate

[ ] Pause the task and return later

[ ] Ask a trusted person for support

Words, signals or pictures we can use for "pause":

Offer one or two choices at a time. Do not make a child explain everything before offering a break.

During the moment

Keep the steps short and predictable. Use the plan as a prompt, not a set of instructions your child must follow.

1. Make it safer Reduce demands or hazards where possible. Give space and use a calm, steady voice.	**2. Connect** Let your Star know you are available. Avoid crowding or asking lots of questions.
3. Offer a reset Show the agreed choices, including doing nothing for a while or having a break.	**4. Wait and notice** Give processing time. Notice how your child responds and adjust gently.
5. Return when ready The next step may be rest, a familiar activity or another attempt later.	**6. Get extra help** If there is an immediate safety concern, follow your family's safety plan and seek appropriate help.

Our first helpful step:

What helps us know a reset is working?

Afterwards: reconnect, not review the score

When things are calmer, focus on care and understanding. Your Star may not want to talk about it.

What helped my Star feel safer or more settled?

What would my Star like me to know, if they want to share?

One small change we could try another time:

Adults need resets too. If possible, take a breath, ask another trusted adult to step in, or return to the conversation when you feel ready.

This plan supports family reflection and is not clinical advice. Adapt it to your child and seek appropriate professional support when needed.