

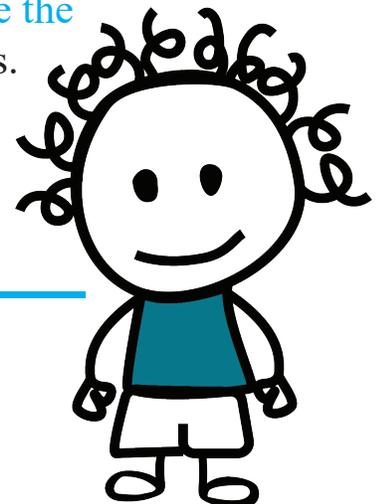
Tensions running high at home? It might be time for a PAX Break. When emotions become intense, children may increase oppositional behavior. This can cause adults to use even harsher consequences. Instead of reacting, try a PAX Break.

1. When emotions appear to increase, calmly announce it's time for a PAX Break.

2. Give the child and yourself the time, and especially the physical space, to focus on a calming activity. This might be coloring, listening to music or drinking a cup of tea. Set a timer to remind yourself to check on the child.

3. When time is up, determine whether you and the child are ready to have a conversation or if you need another break. When both you and the child are calm, restart the discussion. Be sure to praise the child for taking a PAX Break!

This evidence-based strategy allows adult and child the opportunity to safely calm down. Use PAX Breaks to intervene when tensions are growing, and help children regain focus or de-escalate emotions. This improves the ability for the child and adult to express themselves honestly without getting defensive. PAX Breaks increase the peace, productivity, health, and happiness – even during tough times.



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