



PAX Breaks for Caregivers

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**.

This tested and proven strategy allows the adult and young person the opportunity to safely calm down. Use PAX Breaks to intervene when tensions are growing, and help children regain focus or de-escalate emotions.

PAX Breaks help young people ...

- Recognize their own escalation.
- Identify and request opportunities to calm down
- Prevent cycles of intensifying conflict.
- Maintain and improve healthy relationships.
- Develop strategies for effective stress management.

PAX Breaks increase the **Peace, Productivity, Health, and Happiness** - even during tough times.

The Recipe

- 1** Create a list of PAX Breaks that are appropriate for your child and setting, such as taking a walk, stretching, or deep breathing.
- 2** When necessary, announce a PAX Break calmly.
- 3** Provide emotional and physical space to calm down.
- 4** Allow the young person to continue the PAX Break until they have calmed down.
- 5** When both the adult and young person are calm, restart the discussion and compliment the young person on taking a PAX Break.