

Calm Parent Checklist



When your teen feels overwhelmed, you don't have to have all the answers—even though it feels like it sometimes! This checklist is a step-by-step process to steady you first, so you can better support them.

- I pause before responding**
My calm matters more than quick solutions.
- I don't minimize what they're feeling**
Even if it seems small to me, it feels real to them.
- I listen more than I talk**
Presence builds safety.
- I ask gentle, open-ended questions**
“What's been feeling heavy lately?”
“What would help right now?”
- I reduce pressure where I can**
Not everything needs to be addressed today.
- I watch patterns, not just one bad day**
Changes in sleep, mood, or appetite matter over time.
- I model healthy coping**
Rest. Boundaries. Prayer. Asking for help.
- I remind my teen they're not alone**
Often—and without a lecture.
- I know when to seek extra support**
Asking for help is wisdom, not failure.
- I pray—even when I don't know what to say**
God meets us in uncertainty.

***You don't
have to calm
every storm.
You just need
to be a steady
presence in it.***

That will bless and encourage your teen more than you'll ever know.

You've got this!

