

PAX Breaks



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 tested and proven 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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