

My caregiver reset



One safe pause, one useful next step

Confirm suitable supervision before stepping away. A game or television does not replace needed care.

My safe pause: notice five things, or another calm choice

One task that needs attention now

One task that can wait

Someone who can listen: name and phone

Suitable care helper: name and phone

My specific help request and a time

Keep contacts private. U.S. crisis: call/text 988. Immediate danger: 911.