

How to Support Your Child

It is important that you work on self-regulation skills and strategies when your child is CALM. When they are already upset, you must respond to their emotions and support them in coming back to CALM before strategies can be taught.

Responding to Big Emotions

- Validate your child's feelings and allow your child to feel their emotions
- Connect with them and be present in the moment:
 - Reduce direction & corrections
 - Use a soothing voice & simplify language
 - Reduce stimulation like noise, lights, visuals
 - Read their cues, be close and be attuned
- Offer coping strategies and choices (example "I see you are sad, would you like a hug?")
- Invite them to problem solve- ONLY when they have coped with their feelings and are feeling calm

Teaching Your Child Self-Regulation Skills

- Talk about feelings and emotions and help your child name them
- Encourage the use of words to express feelings instead of actions
- Problem solve. Talk about problems that come up and come up with resolutions together (child and parent)
- Teach your child ways to calm themselves:
 - Breathing techniques: take 3 deep breaths; count to 10; lay down & play a stuffed animal on your stomach and watch the animal rise and fall with their breath
 - Create a glitter jar-shake and watch the glitter fall to the bottom, this creates a calming affect
 - Find a quiet place to be alone
 - Ask an adult for help – "I need a hug"
 - Exercise
 - Draw or colour

Remember...

Be a ROLE MODEL.

Big emotions will happen, they are a natural part of life. Make space for these emotions and help your child through them. Building self-regulation skills is the most wonderful gift that will serve your child for their entire life.

Recognize your child's stressors, reduce them and find your child's unmet needs.

Co-regulate. Help your child regulate their feelings through connection. How you're feeling will directly impact them. If you remain calm it will help bring your child back into balance.