



## Reassuring

Let child know they are safe. This should be said with words, hugs and safe spaces in the home.





## Returning to Routine

Routines for meals, bedtime, household schedules all help children to know what to expect.



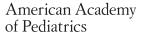
# Regulation

Skills to calm self: belly breathing, stretching, relaxation

Skills to name feelings: colors of emotions, words for feelings

Skills for managing emotions







#### The Three



#### Ways to help your child



### Reassuring Lets children know they are safe



Remind child that they are safe

Reflect for child, consider world through a child's eyes



Touch for reassurance:

- hand on shoulder/back
- hugs (if appropriate)
- rubbing back
- · high fives





Create safe places within home:

- a tent in bedroom
- · canopy over bed
- · own safe chair
- weighted blankets

## Returning to Routine Lets children know what to expect

Create routine charts or prompts, depending on age:

- bedtime
- mealtime
- homework
- chores





Set up routines for before & after schedule changes:

- read the same story
- play the same game
- eat the same meal



### Regulation Teaches children to manage their emotions and behaviors

Teach relaxation techniques:

- tense and release of muscles
- guided relaxation
- belly breathing
- yoga poses



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In times of calm:

- play feelings charades-act out hungry, proud, disappointed, etc.
- talk about where in the body child feels emotionchest, stomach, head, etc.

Practice skills to use when child gets upset or angry:

- · deep breathing
- seek an adult
- engage in active play





