

Balance

- Create safety
- Calm, nonreactive, regulated, mindful parenting
- Soothe in way your child will receive
- Notice child's successes with regulation and self-soothing
- Coping skills must be practiced before a crisis
- Balance/regulation exercise



Calm-down Tools

Actions:

- Walk away and take a break
- Go to a designated calm-down spot
- Show the opposite emotion (half smile, soften face, voice quiet, shoulders up and strong)
- Say what you want to do out loud “I’m not yelling.” “I’m walking away. I’m not going to argue.”
- Mantras... “I can handle this.” “Keep it little.” “I’m okay.”
- Change the channel (out loud if possible) – Angry to calm self-talk
- Tighten–Release movements or “lemon squeeze”
- Energy release (jump rope, brisk walk, basketball, jog)
- Sensory shock (cold shower, firm touch, holding ice, strong taste, rubber band snap)
- Go towards public areas. Stay around others. We shore up best when the world is watching.

Distractions

- Music, electronics, sudoku, drawing, reading, mental game, orient through five senses

Soothers

- Belly breaths (slow inhale/exhale through the nose, doing at least 5)
- Sensory calming -bed, blanket, comfort smell, hugs/touch, back rub, rocking, bubble bath, warm drink
- Mindfulness, guided imagery

Coherence/Coaching

- Make meaning of experience
- Mantras (“Mommy always comes back.”)
- Use play and storytelling
- Don’t talk too much!!!!
- Process and reason while also tolerating emotion
- Be creative
- Look for natural moments
- Model reflection
- May vary from gentle correction, reassurance, carrying on, collaborative problem solving, calming self-talk, reality-testing, or creation of coherent autobiographical story