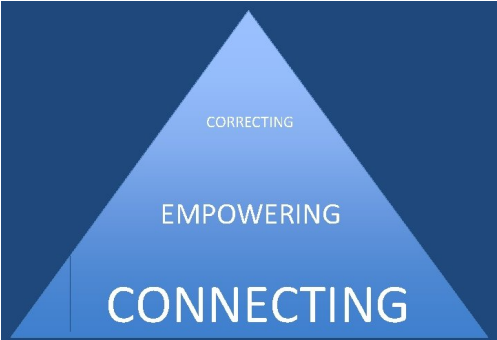
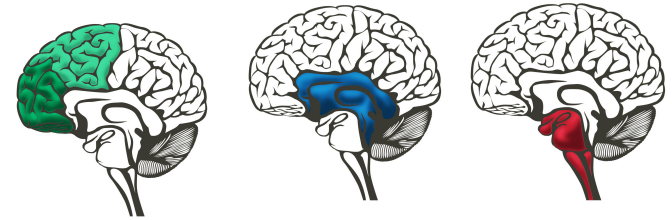


Managing Big Feelings: Take Home Sheet

Connect	Empower	Correct
<ul style="list-style-type: none"> - 10 minutes a day of child led play - Changes in routine warrant extra connection time - Effort based over skill based encouragement 	<ul style="list-style-type: none"> - Model/teach coping mechanisms when calm - Monitor hunger/ fatigue & anticipate needs - Use routines & timers to your advantage - Give specific instructions of what to do rather than what not to do - Provide choices, collaboration, & compromises when appropriate - Set expectations preemptively 	<ul style="list-style-type: none"> - Start with playful engagement - Notice your own brain states - Use consequences that match the situation (spilled orange juice means cleaning up orange juice) - Fear based punishments aren't healthy - Redos - Time-Ins - Engage the child in problem solving

When There's An Explosion:

- Remember the brain states
- Regulate your body first
- Keep everyone safe
- Limit words
- Model deep breathing
- Validate emotions/match tone
- Discuss "why" and reconnect after child has returned to calm



Action Steps to Try

1. _____

2. _____