

# The Three **R**s

*Ways to support your child's resilience*

## **Reassure**

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



## **Return to Routine**

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



## **Regulate**

**Skills to calm self: belly breathing,  
stretching, relaxation**

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

**Skills for managing emotions**

# The Three R<sub>s</sub>

Ways to support your child's resilience

## Reassure *Let 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

## Return to Routine *Let children know what to expect*

Create routine charts or prompts, depending on age:

- bedtime
- mealtime
- homework
- chores



Explain changes in the schedule ahead of time



Set up routines for before & after schedule changes:

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



## Regulate *Teach children to manage their emotions and behaviors*

Teach relaxation techniques:

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



In times of calm:

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

Practice skills to use when child gets upset or angry:

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

