



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.





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



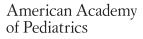
Regulate

Skills to calm self: belly breathing, stretching, relaxation

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

Skills for managing emotions









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



American Academy of Pediatrics



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





