



Tips, Tricks & Tools for Dysregulation



STILL LEARNING ...

- How to pause before reacting when emotions get
- How to name what's bothering them without yelling or shutting down
- How to notice body signals so they can do something to self-regulate



CAN LOOK OR SOUND LIKE

- ✓ Sudden crying, yelling, or slamming objects when frustrated
- ✓ Meltdowns over small changes or corrections
- ✓ Inability to calm down after an emotional moment.
- ✓ Emotional "shut down" or storming off
- ✓ Saying things like "I hate this!" or "This is the worst day ever!"



MIGHT BE COMMUNICATING

I want to stop, but my body is going too fast.

I don't even know why I'm upset—it just happened.

I just need a break off for a minute

This isn't fair, I don't know how to say it without yelling..



SOME TOOLS YOU CAN TRY

- ✓ **Step In Early** – Watch for signs like fidgeting, heavy breathing, or paing, and step in with a calm prompt before escalation.
- ✓ **Use a Calm, Kind and Steady Voice** – Keep your tone even and clear—your voice and example helps your child get calm fos.
- ✓ **Give Physical Options** – Provide safe options like stress blasts, putty, or movement breaks to channel energy.
- ✓ **Create a Calm Space** – Have a designated spot in the room for your child to take a breather.
- ✓ **Model the Pause** – Show the skill yourself by pausing before responding, especially in tense moments.
- ✓ **Stay Near With Comforting Words.** – Proximity can help kids feel safe without making them feel trapped.
- ✓ **Ask Questions to Help Them Name Their Feelings and Find Calm** – Reassure, "You're safe," then say, "What happened? What emotion do you feel?", and talk about how they deal with big

Children remember how you made them feel.

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