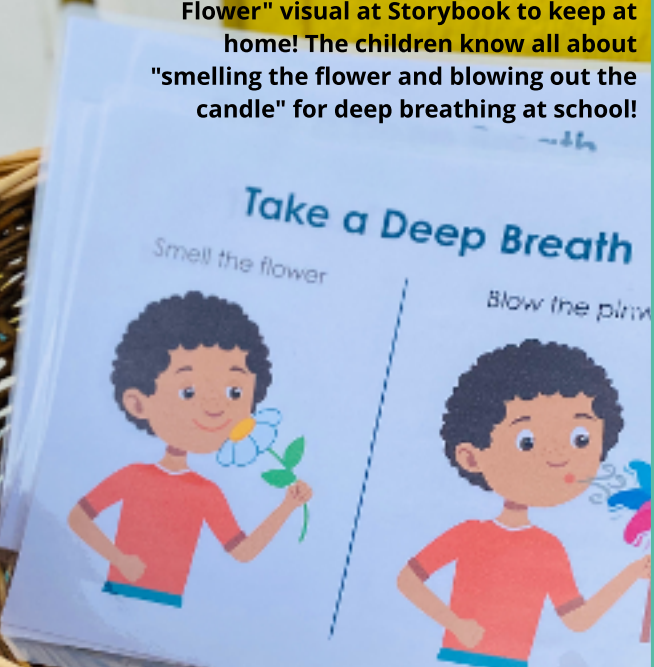


TAKE A DEEP BREATH. YOU HAVE A VILLAGE.



Santa Rosa,
Sonoma County

Families can grab Pyramid Model resources, like a laminated "Smell the Flower" visual at Storybook to keep at home! The children know all about "smelling the flower and blowing out the candle" for deep breathing at school!



Strengthening Families

Hot buttons, Belly Breathing, and Calming Spaces, Oh My!

When young children are overwhelmed with big emotions, we teach them how to get out of their brain's emotional part and into the calm with the Teaching Pyramid & Pyramid Model Framework.

The following thought is a parenting gem from the Teaching Pyramid for Families (TPF) series: "We can't always control what happens in the course of a day. And, being human beings, we can't really help but flip our lids in moments of stress. Often we get ourselves worked up about how a child's behavior is affecting us, rather than trying to understand what brought that behavior on to begin with."

Families who join a TPF Parent Group learn about Positive Time Out ideas from Jane Nelsen, author of the Positive Discipline series. **Jane Nelsen describing Dr. Siegal's Hand Model of the Brain is MAGIC!** Check out the links to the left to learn how to be aware of your "hot buttons" and how to parent from a place of calm to teach your child deep breathing for self-regulation mastery. Does your family have a calm space at home? We encourage families to create a space with your child, so they can take a break and calm down to feel better. Our children love cozy areas to take space since playing with friends is a demanding job!

Solution Kit Magic for Families:

1. Self-Regulation: Breathing Strategies & "Smell the Flower" Visual
2. Taking a Break: Using a Calm Area at Home
3. Positive Time Out: An excerpt from the book *Positive Time Out* by Jane Nelsen



"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos."
-L.R. Knost