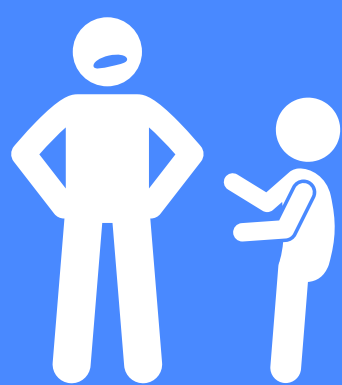




THE 5 R'S FOR REGULATING A CHILD



RESPOND

When a child is experiencing dysregulation it is important to respond in a timely manner. Doing so will help with reducing the length of time a child is dysregulated and will increase their sense of safety.



REGULATE

The goal here is to calm and soothe your child. You can do this through modeling. Start with a lowered voice, taking calm breaths in, initiating gentle touch or closeness and mirroring their affect. If they look sad, you look sad.



RELATE

You relate by validating your child's feelings. This can be done through reflection. Reflection is simply restating what your child has said or stating something you observe. "I know you're upset and this is hard for you."



REASON

After your child is showing signs of regulation, you can offer up solutions to their problems, alternatives to their behaviors, and reinforce expectations. This is where you can tell your child that although they were upset their behavior was not okay. Reinforce what you would ideally like them to do in the future.



RECONNECT

End with physically and emotionally reconnecting. Provide gentle touch and reassure your child that you love them. After completing the 5 R's make sure that you give your child outlets to recover from what happened. Choices like alone time, play time, movement time, and cuddle time.