Strategies for regulation together

1. Model Calm Behavior (sit facing each other, deep breaths, stretch, shake it out, frog jumps)
2. Offer a drink or snack (hunger and thirst are huge triggers for kids who are overwhelmed)
3. Set up opportunities for success (ask for help with small goals; can you help me set the table, can you help me pick up these toys, can you help me get ready for the day)
4. Have a daily or nightly routine, set expectations but be flexible with big emotions
5. Hugs, tight with consistent pressure
6. Offer a break (there is no great way to regulate a tired child other than rest)
7. Give choices (doesn't have to be all positive, example "you can either put your game down for a few minutes to come eat dinner, or you can choose to not join us for dinner and the game will have to be off for the night"
8. Read a story
9. Use "first then" statement. Example: First we need to get our shoes on, then you can finish your game.
10. Give a compliment
11. Hold their hand
12. Talk about their interests
13. Go for a walk together
14. Rock together
15. Mimic the ha ha (you say ha, they repeat; add a "ha" everytime and slowly speed up until it's a laugh)
16. Have a dance party
17. Model the regulation strategies in the following list

Strategies for self-regulation

1. Deep breaths (blowing out candle, blowing a pinwheel)
2. Jumping jacks
3. Use a fidget
4. Draw a picture of something that makes you happy
5. Play with play-doh
6. Say something nice about yourself
7. Scream into a pillow
8. Tear up a piece of paper
9. Stretch
10. Ask for a hug
11. Watch funny videos
12. Use a calm down app
13. Tell someone how you're feeling
14. Build with legos
15. Snuggle with a blanket or stuffy
16. Dance
17. Look through photos
18. Go outside
19. Get a snack
20. Help someone
21. Finger tracing breaths

Calm down apps for an iPad (free)

1. Calm
2. Dreamy Kid
3. Emotionary
4. Feelsy Relax & Stress Relief
5. Pinwheel Breathing Game