

When my nervous system is overloaded, I can't think!

Your body, tone & pitch of voice affect my nervous system! You can make things better or worse!

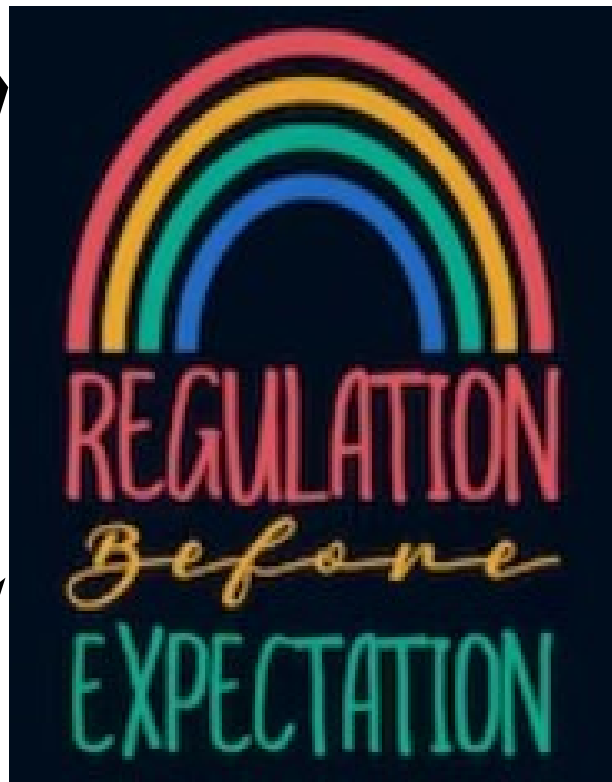
Time out doesn't teach me what to do. It just tells me I was wrong.

Telling me you're disappointed or that I'm not acting my age just shames me. It doesn't help me learn.

Please don't get angry at me. I haven't mastered self-control yet!

I can't problem-solve until I'm calm.

I need to co-regulate "with" you before I can do it on my own.



What Can You Do?

Actions to Encourage

Take a break: get away from the trigger
Breathe
Get a drink or a snack
Move: walk, stretch, swing
Draw, write, do something creative

Reminders to Think

You will get through this
Everyone makes mistakes
You are a good problem-solver
You have the power to make this better
You aren't alone