

• MODELING REGULATION •

WHEN YOU FEEL LIKE YOU MIGHT EXPLODE



NOTICE

Notice that your emotions are getting big so that you recognize your feelings.



PAUSE

Pause before you speak. This will help you recognize your feelings and take a moment before you react. This may be taking a moment to yourself in a different room.



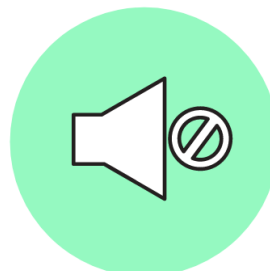
INTERNAL DIALOGUE

Think about a mantra you can tell yourself before you respond.



HYDRATE

Take a sip of water, pause again and walk away for a moment if you are triggered.



SPEAK LESS

Speaking too much can overwhelm your child. When we are in a certain state, we might lash out if we speak too soon or say too much.



BREATHE

Take some deep breaths which will help you calm a little bit. Remember, our oxygen masks must go on before our children's!