

5 TIPS FOR STAYING CONNECTED

FIND THE NEED UNDER THE BEHAVIOR

A child's behaviour, the only part of their experience that we can visibly see, doesn't tell the whole story. Using curiosity, take a deep dive below the surface to discover what your child's behavior is telling you about their needs.



SET A STRONG FOUNDATION WITH CO-REGULATION

When our child is dysregulated, their emotional brain is engaged, and their logical brain is essentially offline. In these moments parents practice co-regulation: lending their own nervous system to their child by offering a safe, calm presence.



INCREASE SAFETY THROUGH REPETITION

A child's experience of safety begins in relationships with the significant adults in their lives when we repeatedly respond to their behavior, thoughts, and feelings in a way that feels safe. Feeling safe in your presence builds trust and connection.



KNOW YOUR OWN TRIGGERS

To offer our children co-regulation we as parents need to recognize when we are being triggered so we can first help ourselves be regulated.



OFFER OPPORTUNITIES TO PRACTICE SKILLS

Children who have experienced trauma may have rigid thinking leading to oppositionality or refusal to follow directions. This is a lagging skill. Use alternatives to 'no' to teach flexibility.

