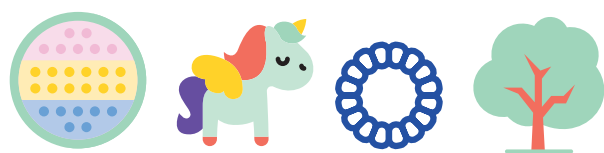


Three steps to support dysregulated child

A child with developed means of regulation through attuned and sensitive care is able to control impulses and calm down in most situations.

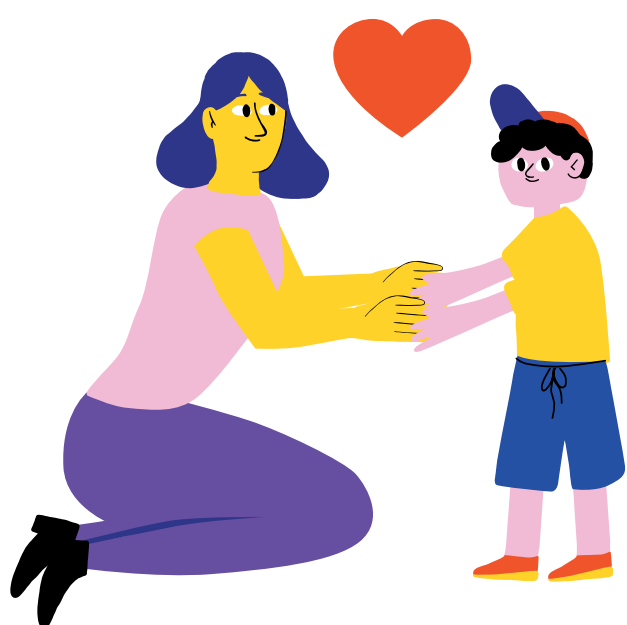
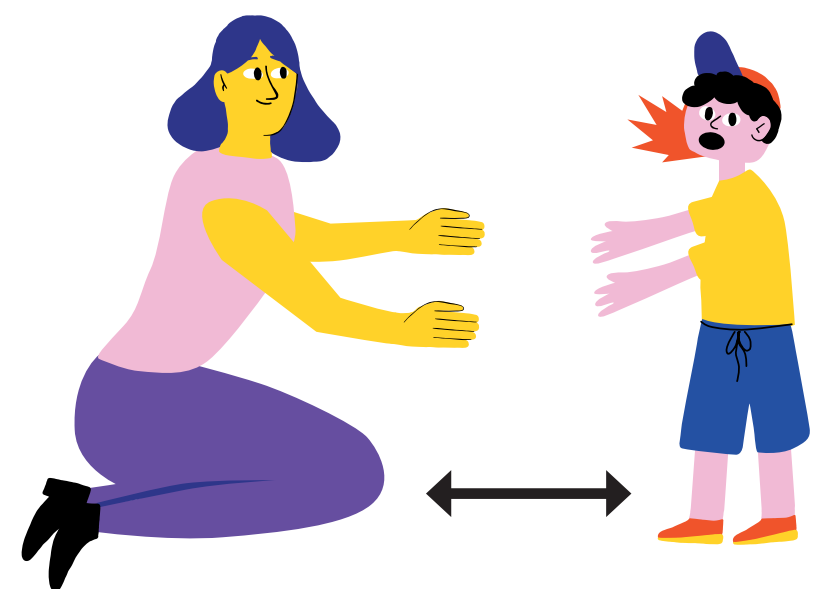
» A child with undeveloped regulatory skills due to adverse experiences or developmental disorders has **difficulty managing their emotions and behavior** and needs our help to calm down.

01 Regulate



The child is restless, irritable, angry or numb.

Do not put pressure on the child. Limit verbal instructions. **Provide safe space and time.** Offer somatosensory aids and activities. **Monitor.**



02 Relate



Calm yourself. Prevent the situation from getting worse.

Connect. Use calm and respectful non-verbal communication. **Show empathy and concern.** Name and validate child's feelings. **Monitor.**

03 Reason



Make sure the child is calm and able to reflect.

Name what triggered the situation and what helped to manage it. **Explain** your instructions and expectations to meet them. **Work together** to create workable rules for the future.



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