



Building your Tool-Box

Parenting with Integrity

Calming Tools Helps Child Regulate Emotions

Remember.....

- Dysregulation shows an emotional need. Child is “having a fit” because he has big emotions. Parent is there to help them calm and organize feelings
- Disobedience is a willful act to disregard parental authority.

How do parents use tools?

Before
Trigger

- Fear Awareness
- Fear Response Awareness
- Body Awareness
- Attend to pain/self-care

During
Trigger

- Use a calming tool
- Seek the Truth
- THEN you can think and respond the way you want to

After
Trigger

- Keep track of incident to help you in the future

Adult Calming Tools

- Breath
 - Diaphragmatic Breathing
- Touch
 - Person/Spouse
 - Animal/Pet
 - Beans/Rocks/Pebble/Sand
 - Silly Putty
- Scent
 - Essential Oils
 - Tea
- Nourishment
 - Water
 - Food
- Repetitive Activity
- Meditation/Prayer
- Bilateral Stimulation (while saying positives)
 - Take a walk
 - Butterfly
 - Squeeze Stress Balls
 - Walk/hike/run
 - Gum (research indicates focus)
- Exercise
 - Yoga/stretch
- Sound
 - Music
 - Nature

Other Adult Tools

Brain to remind you of your fear response
(We can't access our thinking part until we calm out fear part)

Mirror Awareness of expressions given to child
What is our non-verbal message

Resources List of Self-Care
List of Friends to call
Symbol of Truth

For Parent and Child

Parents can comfort through touch (rocking/cuddling), sound, sight

Play calming game together

- Cotton-Ball Hockey
- Blowing ball through straw race
- Bubbles
- Fresh breath of air on each other

Parent Attune To Your Child

Assess child's fear

- What are the times of day
- What is the precursor to the behavior
- Are there things he does that show you he's beginning to struggle?
- Can you intervene before he escalates?

Notice child's fear response

- What does he do?
- Is there something that he can do instead
- Offer alternative

Awareness

Help your child begin to recognize her feelings both physical and emotional	Label what feeling looks like, encourage expression “It looks like you’re feeling really frustrated.”
	Ask where she feels it in her body (tummy, head, etc.)
	Sometimes how they act out can give you an idea of what they need
	Model doing this yourself

Child Calming Tools

- Breath
 - Teach Diaphragmatic Breathing
 - Bubbles
 - Pin wheel
 - Balloon
 - Blow Puff Ball
 - Straw
- Bilateral Stimulation
(while saying positives)
 - Take a walk
 - Butterfly
 - Squeeze Stress Balls alternating hands
 - Gum (shown to organize thought)
- Exercise/Body
 - yoga/stretch
- Touch
 - Person/Parent
 - Side Touch/Hold/Massage
 - Animal
 - Beans/Rocks/Pebbles/Sand/seed
- Scent
 - Essential Oils
 - Love Potion
- Nourishment
 - Food
 - Water (ice cold)
- Sounds
 - Home Environment
 - Nature
 - Music

Remember.....

Practice
before the
need arises

Model using
your tools for
your child

Presentation was developed by DeAnna Wahlheim. Please do not replicate.