

# Self Regulation for Parents

STEPS FOR REGULATING YOURSELF IN DIFFICULT PARENTING MOMENTS.



1

## **Stop. Drop. Breath.**

Stop what you are doing (or potentially saying), drop your agenda and take deep, slow breaths.

2

## **Observe.**

Observe the sensations in your body. Eg. “I feel the tension in my chest, I feel my heart pounding”

3

## **Safety.**

Calm your alarm system by reminding yourself “this is not an emergency”, “I am a good parent, I can do hard things”. “they aren’t giving me a hard time, they are having a hard time”.

4

## **Calm the Body.**

Box breathing, movement (yes, jumping jacks work!), lying with your feet up the wall, butterfly hug, etc. Find a few that work and practice them regularly.

5

## **Perspective.**

Look at the situation through your child’s lens. Validate their emotions (not necessarily actions) and get curious about contributing factors; tired, hungry, emotional, overstimulated.

6

## **Connect.**

When you are regulated, reconnect with your child offering repair if needed. Share what and why you did to regulate and allow them the opportunity to ask questions or make observations.