

Tips for Parents to use with the Kid Connection Video

Supporting Your Child's Emotional Regulation—Self Control

Talk with your child about identifying what they experience in their body when they're upset. Do you feel tightness in your chest? Are your shoulders scrunched up and tense? Does your face feel warm? What expression do you have on your face?

Practice taking Brave Breaths with your child. Inhale slowly from your belly up to your nose, exhale through your mouth, all the way back down to your belly. Repeat 3 times.

Talk with your child about options for dealing with emotions in positive ways, e.g., talk to an adult, walk away, draw a picture, write in a journal, take Brave Breaths

Support your child's choice of options discussed and help them move on.