

Help Us Stay Calm

Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

Step 1: Calm Yourself



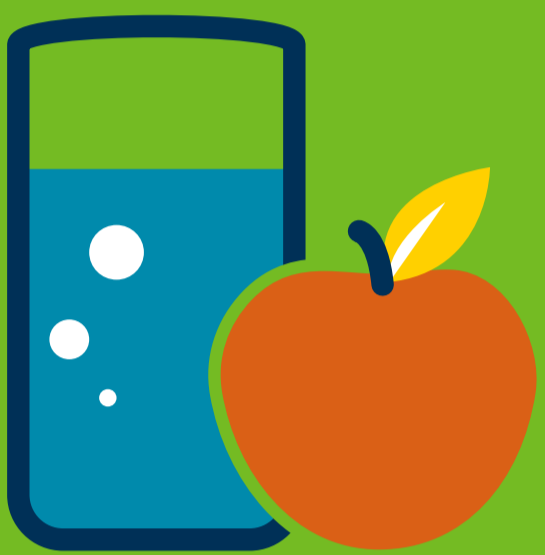
Count until calm



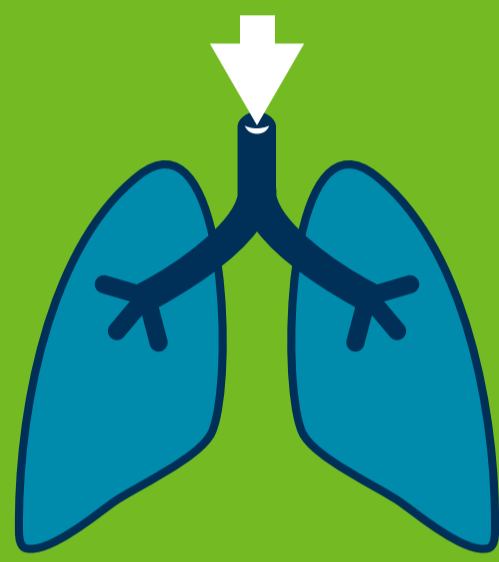
Connect with a friend



Think something positive or fun about your child



Drink some water;
Have a snack

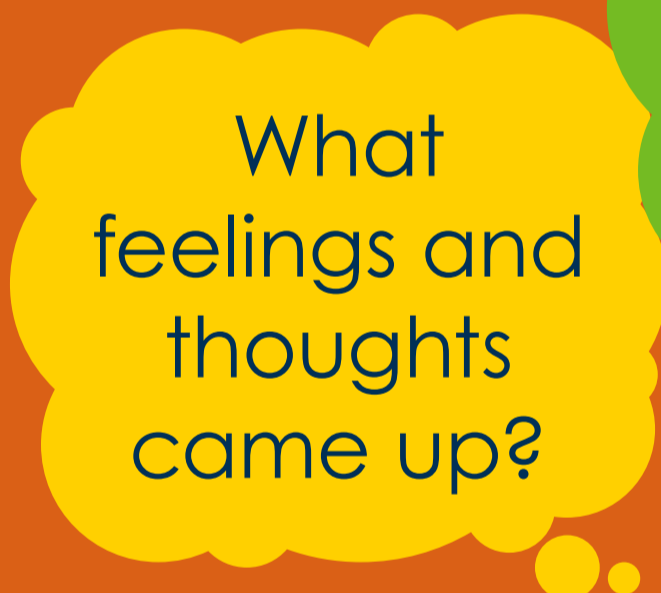


Take deep breaths



Ask for help

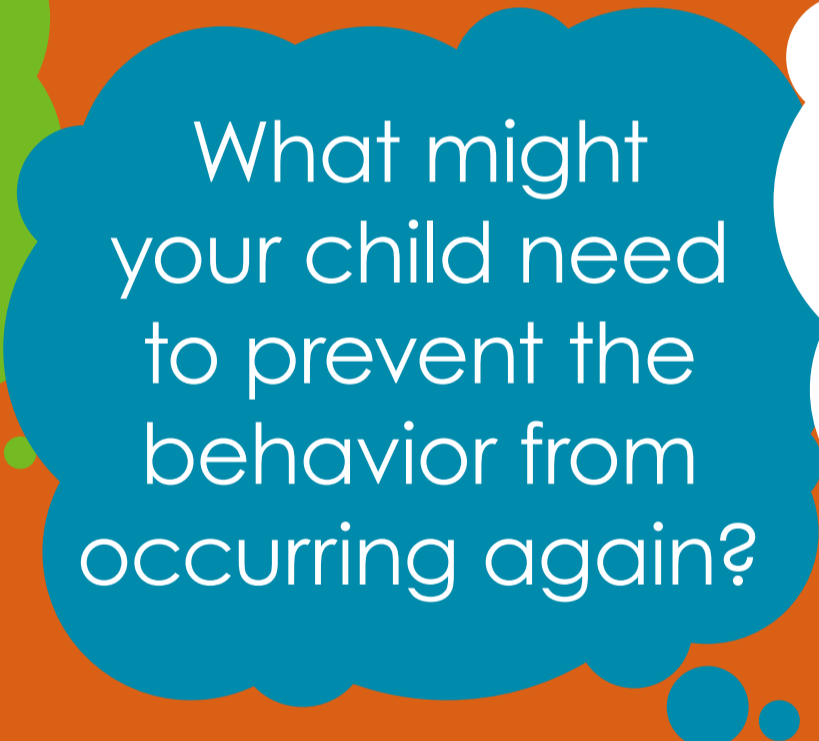
Step 2: Reflect



What feelings and thoughts came up?



How do you think your child is feeling?



What might your child need to prevent the behavior from occurring again?



Are you calm enough to re-connect with your child?

Step 3: Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.



Make sure your child is calm



Acknowledge feelings



Offer choice



Redirect to a new activity



Talk and play with your child

More family resources at ChallengingBehavior.org/Implementation/Family.html



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