

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



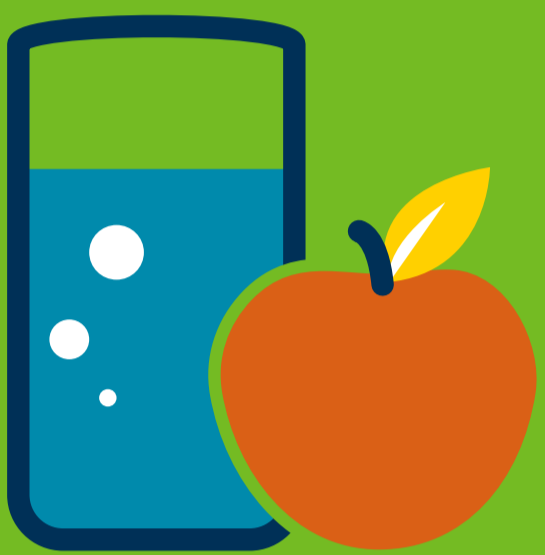
Count until calm



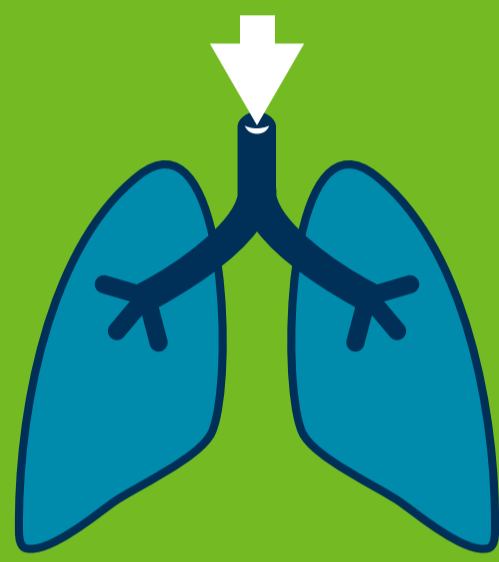
Connect with a friend



Think something positive or fun about your child



Drink some water;
Have a snack

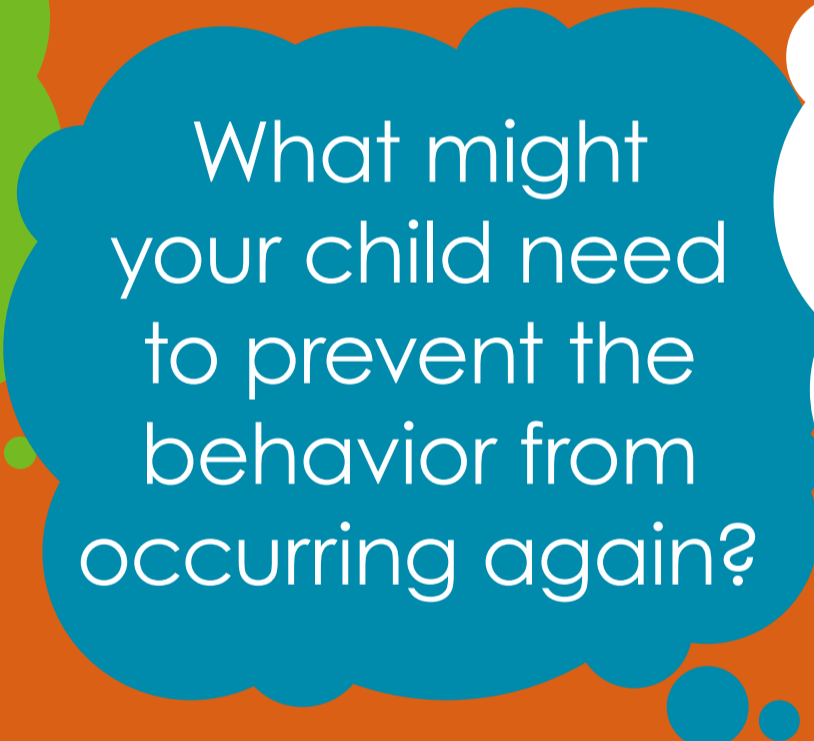
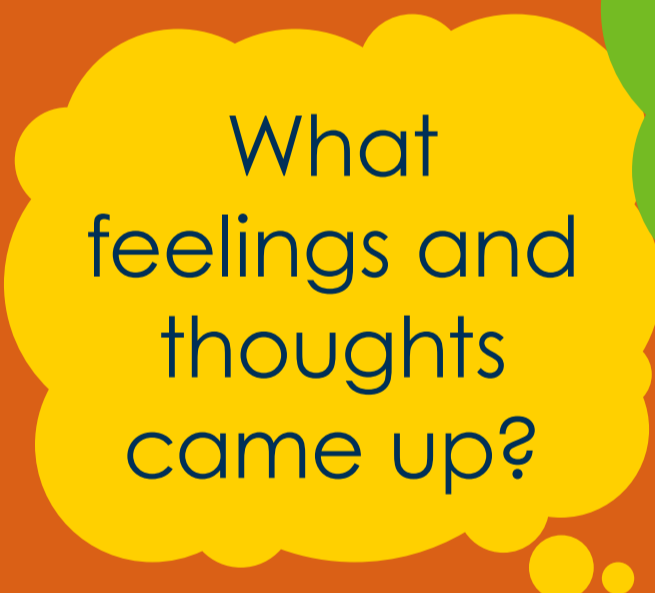


Take deep breaths



Ask for help

Step 2: Reflect



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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Ayúdanos a mantener la calma

Estrategias que te ayudan a ti y a tu hijo durante comportamientos desafiantes

Mantén la calma | Reflexiona | Reconéctate

Cuando tu hijo exhibe un comportamiento desafiante o siente enojo, estrés, tristeza o frustración, es importante mantener la calma. Si expresas tu enojo y frustración, podría resultar en un comportamiento más desafiante de tu hijo. Mantener la calma proporcionará la seguridad y el apoyo que tu hijo necesita mientras aprende a calmarse.

Paso 1:

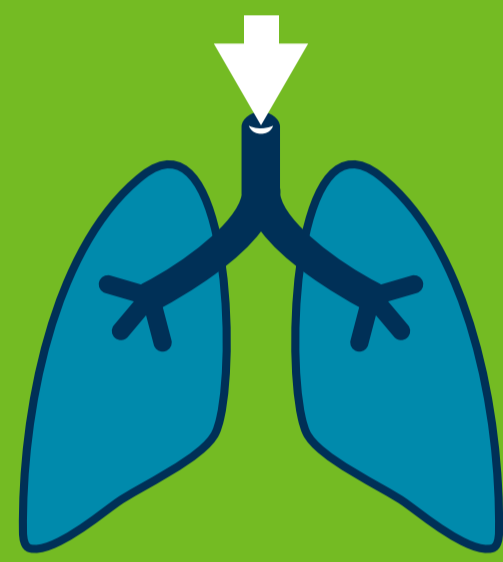
Cálmate



Toma un poco de agua; come una merienda



Cuenta hasta calmarte



Respira profundamente



Habla con un amigo



Pide ayuda



Piense en algo positivo o divertido sobre tu hijo

Step 2:

Reflect

¿Qué sentimientos y pensamientos surgieron?

¿Cómo crees que se siente tu hijo?

¿Qué podría necesitar tu hijo para evitar que el comportamiento vuelva a ocurrir?

¿Estás lo suficientemente tranquilo(a) como para reconectar con tu hijo?

Paso 3:

Reconéctate

Cuando vuelves a conectar, puedes ayudar a tu hijo a aprender nuevas habilidades. Una vez que te sientas tranquilo(a), y tu hijo parezca tranquilo, aquí hay algunos consejos.



Asegúrate de que tu hijo esté tranquilo



Ofrécele opciones



Redirígelo a una nueva actividad



Reconoce los sentimientos



Habla y juega con tu hijo

Más recursos familiares en ChallengingBehavior.org/Implementation/Family.html



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