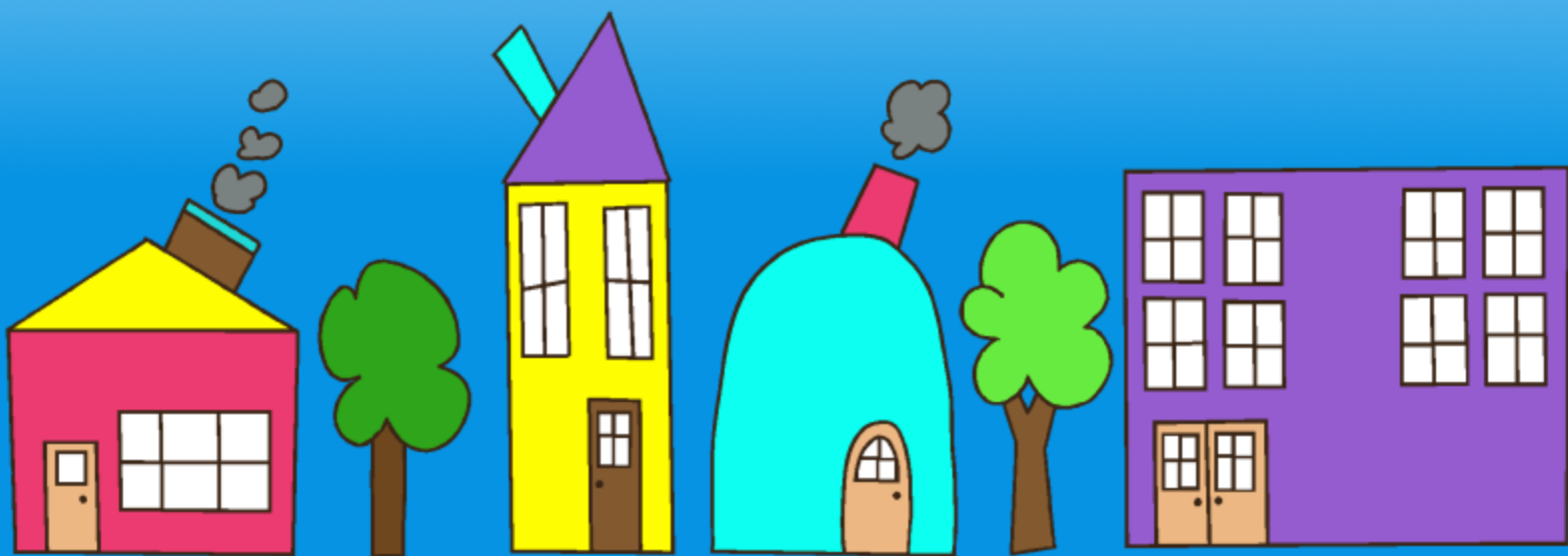




A Guide to Engaging Your Dysregulated Child





This idea guide

CAN BE HELPFUL WHEN ENGAGING WITH YOUR CHILD WHEN THEY ARE ANGRY AND DYSREGULATED. THESE MOMENTS WILL HAPPEN AND BEING PREPARED FOR THEM CAN MAKE MANAGING DYSREGULATION EASIER AND HELP PRACTICE REGULATION WITH YOUR CHILD.

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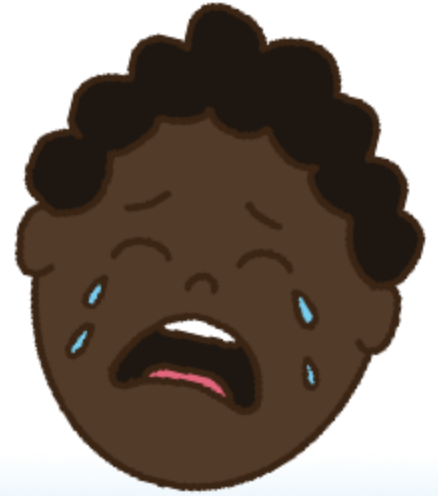
1. ARE YOU REGULATED?
2. IDENTIFY SIGNS YOUR CHILD IS DYSREGULATED.
3. IS THE AREA FREE FROM DISTRACTION AND IS QUIET?
4. PREPARE TO LISTEN.
5. BE PATIENT.
6. PROSIDY (TONE OF VOICE).



1. Are you regulated?

TAKE A MOMENT AND CHECK-IN WITH YOURSELF AND YOUR STATE OF REGULATION. ARE YOU ANGRY OR UPSET? IT CAN BE DETRIMENTAL TO HELPING YOUR CHILD REGULATE IF YOU ARE NOT REGULATED YOURSELF.





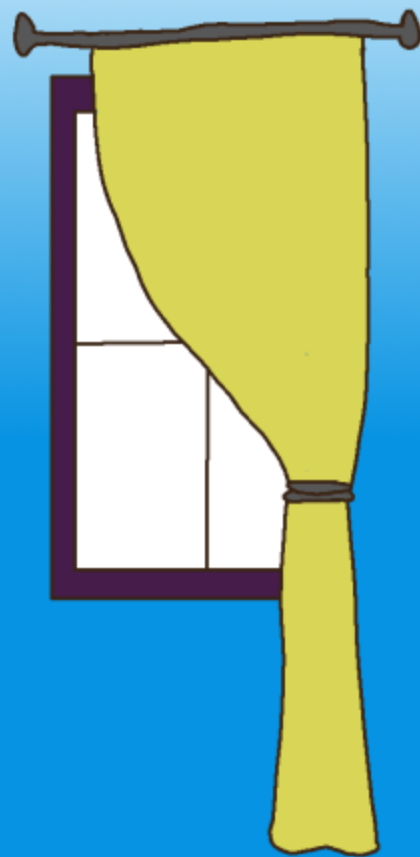
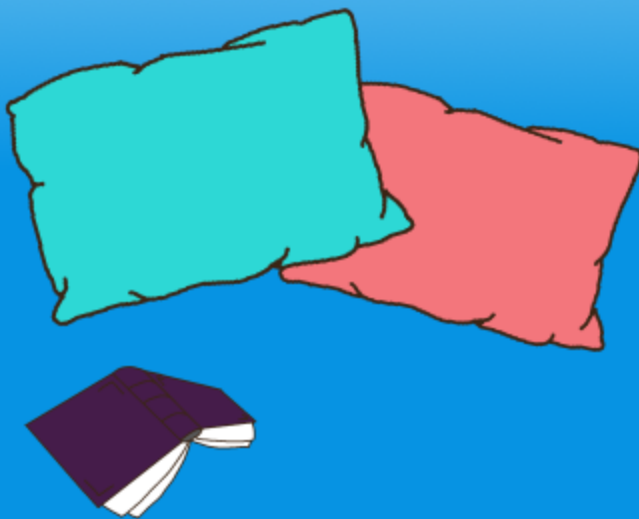
2. Identify signs your child is dysregulated.

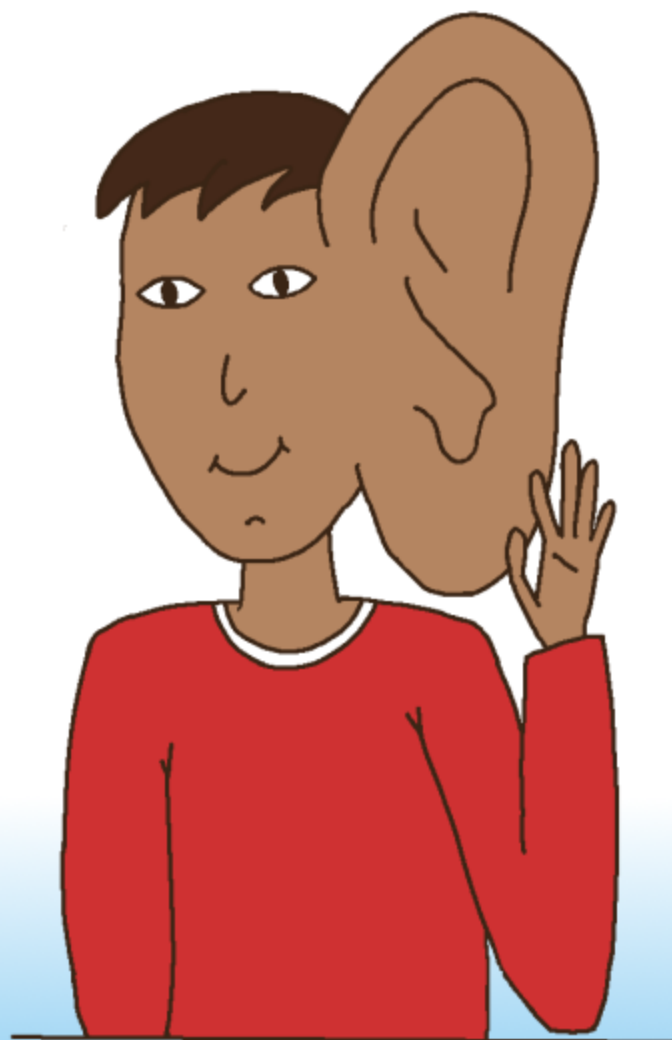
CHILDREN WILL LET YOU KNOW WHEN THEY ARE DYSREGULATED OR UPSET. LEARN THEIR LANGUAGE OF DYSREGULATION. ARE THEY CRYING? QUIET? WITHDRAWN? ANGRY? ATTACKING? THE MORE YOU KNOW YOUR CHILD'S LANGUAGE OF DYSREGULATION, THE BETTER YOU WILL BE ABLE TO HELP THEM.



3. Is the area free from distraction and is quiet?

DISTRACTIONS AND OTHER STIMULI WHEN A CHILD IS EXPERIENCING DYSREGULATION DOES NOT HELP THE SITUATION AND CAN MAKE IT WORSE. THE IDEA IS TO FIND A QUIET PLACE THE CHILD FEELS SAFE. CHILDREN ARE STILL LEARNING HOW TO REGULATE, SO MAKING IT EASIER WILL HELP.





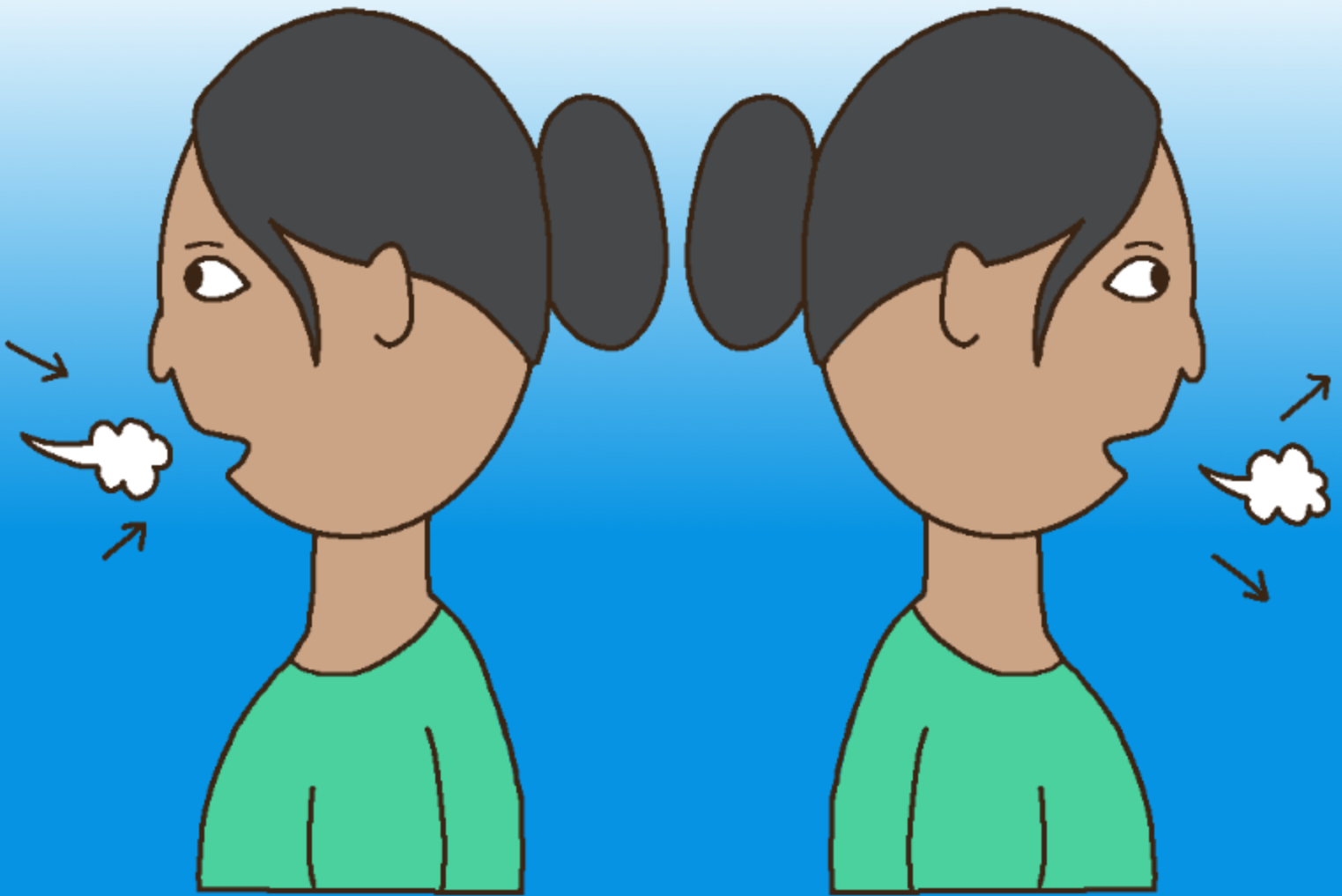
4. Prepare to listen.

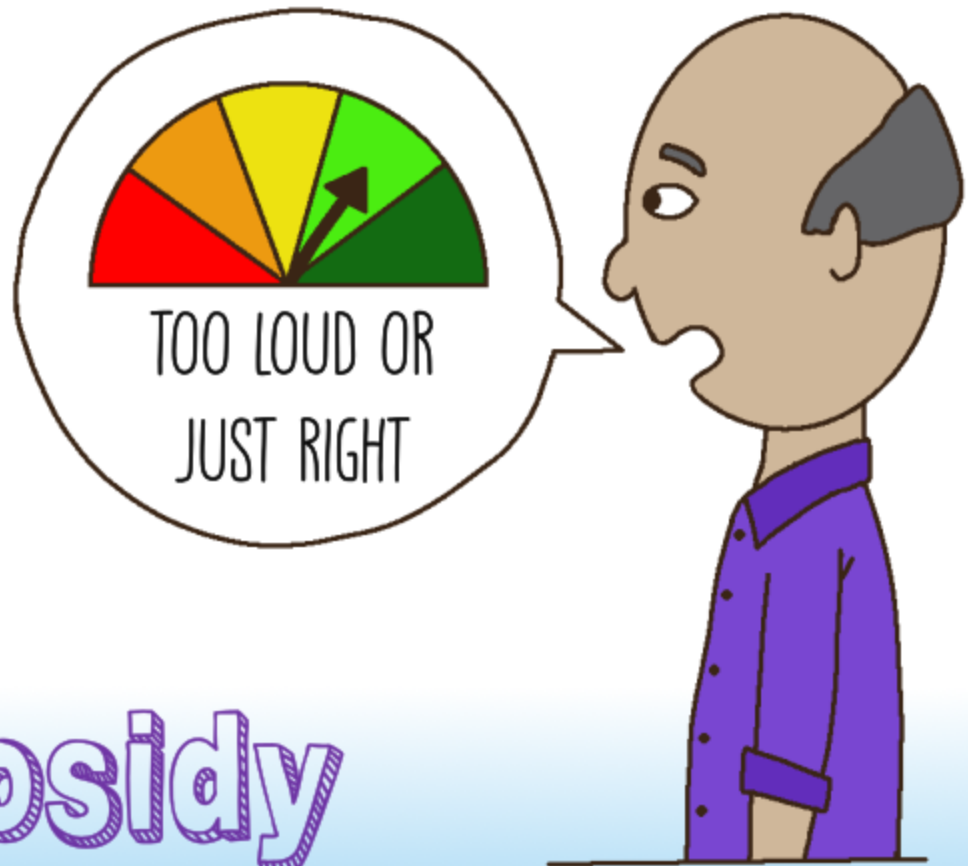
OFTEN, THERE WILL BE AN INSTINCT TO SOLVE THE CHILD'S PROBLEM. TAKE A DEEP BREATH AND LET THE CHILD EXPRESS WHAT THEY ARE FEELING TO YOU, AND LISTEN. LISTEN TO WHAT THEY ARE SAYING AND LISTEN TO HOW THEY ARE IMPACTED. THIS ISN'T THE BEST TIME TO SOLVE PROBLEMS OR PUNISH A CHILD.



5. Be patient.

LEARNING TO REGULATE CAN TAKE TIME FOR A CHILD. IT WILL BE HARD FOR THEM AND YOU IN THOSE MOMENTS. TAKE A BREATH AND LET YOUR CHILD SHARE WITH YOU, AND REMEMBER YOU ARE THEIR SUPPORT AND ROLE MODEL FOR REGULATION.





6. Prosidy

(tone of voice).

WHEN RESPONDING TO YOUR CHILD REMEMBER TO USE A SOFT, NON-THREATENING TONE OF VOICE. THE LOUDER YOU GET THE MORE FEAR CAN BE CREATED IN YOUR CHILD. A SOFT, NONJUDGEMENTAL TONE OF VOICE IS VERY HELPFUL IN MAKING YOUR CHILD FEEL SAFER AND CALMER. REMEMBER, THE TIME TO FIGURE THINGS OUT IS AFTER THE CHILD FEELS SAFE AND IS REGULATED.



These ideas and tips

CAN HELP WHEN YOUR CHILD IS ANGRY, SAD, AND DYSREGULATED. PRACTICE THEM WHEN WORKING WITH YOUR CHILDREN, AND BE FORGIVING OF YOUR CHILD AND YOURSELF. THE ABILITY TO SELF-REGULATE TAKES TIME TO LEARN, AND PRACTICE IS REQUIRED. THE BEST WAY FOR YOUR CHILD TO PRACTICE AND DEVELOP THEIR REGULATION SKILLS IS TO DO IT WITH THEM. OH, AND THIS WORKS WITH ADULES AS WELL!



Hello!

I'M STEVEN SPEARS, A NORTHWESTERN UNIVERSITY–TRAINED CLINICAL COUNSELOR, WHO HOLDS A LICENSE AS A LICENSED PROFESSIONAL COUNSELOR. AS A COUNSELOR, I FOCUS MY STUDY AND WORK ON TRAUMA, FOSTER AND ADOPTION ISSUES, FAMILY ISSUES, AND REGULATION. I COMBINE RESEARCH WITH THE ART OF PERSONALIZED CARE.



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