

# Responding in **Hot** Moments

## Center yourself

Manage what you are thinking and feeling by:

- taking a few deep breaths.
- slowing down to think for three seconds.
- giving yourself a pep talk.

*"I've gotten through this before."*

*"I can still try X, Y, and Z."*

*"I can handle this moment."*



## Connect & Calm

Try directly comforting or soothing your child by:

- singing or humming.
- picking up and rocking.
- comforting verbally.
- modeling self-regulation.

*"I can see that you might be mad. Let's take deep breaths together and we can try again."*

Try managing your child's environment by:

- dimming the lights.
- moving to a new room or outside for fresh air.
- moving to a new activity.



*"I'm right here."*

When you work through your child's dysregulation, it can actually strengthen your relationship with them.

Your efforts to soothe your child can have positive long-term benefits for your child, even when they do not appear to be calming down in the moment.



**"I will stick with you even in tough moments."**

