



The Contented Child

Newsletter

Welcome to our newsletter, the topic for last week is **WHAT IS EMOTIONAL REGULATION**. This week we are looking at the **survival instinct** and **COPING AND CALMING STRATEGIES**. Remember children learn to regulate their emotions through co-regulation with a safe adult, so be the example you want them to demonstrate. Follow our Facebook page for more articles and resources. **NEXT WEEK'S** topic will be **RESILIENCE**.

SURVIVAL INSTINCT

When the amygdala perceives a threat, it prepares our body for survival.

This can look like

FIGHT—shouting, hitting, defiance, self-injurious behaviours

FLIGHT—running away, hiding, feeling trapped

FREEZE—shutting down, non verbal, avoiding demands

FAWN - over apologises, people pleaser, attention seeking.

Your child is feeling at their most vulnerable at this point and their behaviour is driven by the subconscious brain. They will need support and understanding to be able to return to **CALM**.

GROUNDING TECHNIQUE

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



USEFUL WEBINAR

Supporting Your Child's Emotional Regulation 14 July 2020 at 8pm with Niki Green. Cost £10 per household. Booking via www.thecontentedchild.co.uk/webinars/. Also available **ON DEMAND** from 15 July 2020 with resources to download.

TOP TIPS

- Create a **CALMING BOX** with sensory toys, emotions or strategies prompt, colouring, music, reading etc. Make this available to the child when you recognise they are 'escalating'
- Educate them to recognise the signs of emotional dysregulation and the optimum time to use calming strategies
- Allow your young person to identify their own personalised calming strategies and have a visual reminder of these close to hand for them—talk to an adult, walk away, ask for help, use 'I Can' phrases.
- **DEEP BREATHING**— Can calm the limbic system. Practise deep breathing with your young person—breathing should be controlled and ideally the breath out longer than the breath in.
- Point out to your young person when they are calm— so often we use the phrase 'Calm Down' but do they know how to calm and what calm feels like. 'You look so calm when you are engrossed in a book'

Books for Calming

Sitting Still Like a Frog—Eline Snel Me and My Feelings—Vanessa Green Allen Listening to My Body—Gabi Garcia
How to Be a Superhero Called Self-Control—Lauren Bruckner Listening to My Body—Gabi Garcia

APPS **CALM** **SMILING MIND** **HEADSPACE** **DREAMYKIDS** **BREATHING BUBBLES** **KIDS YOGA DECK**

YOUTUBE The Hand Model—Dan Siegel Just Breathe—Julie Bayer Salzman and Josh Salzman

For more information on the services that The Contented Child offer, including webinars on a wide range of topics, for parents and educators visit www.thecontentedchild.co.uk