

# 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



Drink some water;  
Have a snack



Count until calm



Connect with a friend



Think something positive or fun about your child



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.

#1



Make sure your child is calm

I see that not getting a turn made you angry.

Acknowledge feelings



Offer choice

Let's find a new toy.

Redirect to a new activity



Talk and play with your child

More family resources at [ChallengingBehavior.org/Implementation/Family.html](https://ChallengingBehavior.org/Implementation/Family.html)



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