

When your child is in distress!

1

REGULATE Calm the body first.



2

RELATE Connect before you correct.



3

REASON

NOW you can  
think together.

The order matters. You can't skip to Step 3.

## READY FOR THE NEXT STEP?

### Step 2:

- Breathing has slowed
- Body relaxed
- Can make eye contact
- Crying from panicked to softer



### Step 3:

- Talking, not reacting
- Can hear you without escalating
- They seem like "themselves" again



CHECK  
YOURSELF FIRST:

Am I in MY window?  
If not – one breath, then engage.