



# Sharing Our Calm

## How do we help our kids with self-regulation?

This sheet has tips to help you identify signs that your child is struggling with stress. Stress occurs across **five domains**: biological, emotional, cognitive, social, and pro-social. If you see these signs of stress, use these tips to help you learn how to share your calm and teach your child the steps of self-regulation.

### Ways Your Child May Be “Asking” for Help with Self-Regulation



- 3. Your child displays intense emotional reactions.
- 4. Your child is inconsolable to your efforts to help.



- 7. Your child responds to certain situations/activities with anger, hostility, or withdrawal.
- 8. Your child seems to constantly either seek or avoid sensory stimuli.



- 1. Your child seems fidgety or struggles to sit still.
- 2. Your child seems impulsive.



- 5. Your child struggles to engage in unstructured play with peers.
- 6. Your child has energy levels that are consistently affecting them negatively (e.g., hyperactive or zoned-out).



- 9. Your child often prefers to be alone.
- 10. Your child struggles to pay attention to a specific task or activity.



### How to Share Your Calm



#### Strategies for Self-Regulation (Sharing Calm)

- Use a soft and slow tone while speaking.
- Validate your child's feelings.
- Position yourself at your child's eye level.
- Follow the child's lead.



This takes practice!  
We can all work together to get better at co-regulation.



**Remember!**  
A dysregulated adult can never help regulate a dysregulated child.



#### Next Steps

- 1. Try to identify stressors.
- 2. Do your best to reduce or eliminate those stressors once they've been identified.



- 3. With your child's involvement, brainstorm ways to respond differently next time.
- 4. Work on becoming more stress aware with your child.



**“See a child differently.  
See a different child.”**  
– Dr. Stuart Shanker

#### Sources:

Understanding Stress Behavior for Parents (MEHRIT Centre)  
Self-Regulation: 5 Domains of Self-Reg (MEHRIT Centre)

Want to learn more or get more details?  
Visit the MEHRIT Centre at  
[www.self-reg.ca](http://www.self-reg.ca)  
or our website at  
<https://wvecpbis.org>



Thank You!