

Regulation of Emotions

It can be helpful to understand that part of your role as a therapeutic parent/carer to a child with Developmental Trauma, is to regulate your child's big emotions for them.

By observing and trying different things out, in time, you can discover which strategies and activities help to calm your child, and which help to 'wake them up' from being shut down.

All of these strategies take practice, patience, and persistence; and you will find that no one strategy works every time your child needs regulating.

Having a multiple selection of strategies and activities that work for your child in their various environments e.g. home, school, park, friend's house, is very helpful.

The chart on the right gives you some regulatory ideas, however, there will be many more you can use by observing what works for your individual child.

<p>Spotting Flight</p> <p>Hyperactive, manic, chaotic, silly, baby talk, silly voices, loud, disruptive, clumsy, bumping into people</p> <p>Aggressive, threatening, stiffening up, clenching fists</p> <p>Running away escaping, disappearing, hiding</p> <p>Can't cope with free play or follow house rules</p> <p>Keeps super busy</p> <p>Needing to get to car, home, school, park first</p>	<p>Grounding Flight</p> <p>Keep me close by</p> <p>Deep breathing</p> <p>Tell me I'm safe</p> <p>Hanging</p> <p>Lap/Shoulder Pads</p> <p>Give me a familiar and easy chore</p> <p>Crunchy foods e.g. carrot sticks</p> <p>Happily and patiently find me</p> <p>Create a safe space for me to hide in</p> <p>Tug of war</p> <p>Warm milk or hot chocolate</p> <p>Hot water bottle and soft blanket/teddy</p>
<p>Spotting Fight</p> <p>Disrespectful, disregarding of others, pushing away friends, family members</p> <p>Argumentative, angry and aggressive, shouting, loud, noisy, confrontational</p> <p>Unable to follow house rules</p> <p>Immature, unable to concentrate on one thing</p> <p>Hot and bothered</p> <p>Lie or blaming</p> <p>Controlling, demanding, inflexible</p>	<p>Regulating Fight</p> <p>Deep breathing</p> <p>Really chewy foods</p> <p>Hanging, swinging, climbing</p> <p>Warm bath with lots of bubbles</p> <p>Warm milk or hot chocolate</p> <p>Hot water bottle</p> <p>Super soft blanket/toy</p> <p>Give me an 'important' task</p> <p>Create a safe space where I can go to self soothe</p> <p>Keep me safe</p>
<p>Spotting Freeze</p> <p>Bored, not interested. Distracted, not listening, day dreaming, staring into space</p> <p>Confused, forgetful</p> <p>Clumsy</p> <p>Subject change, talking about something else</p> <p>Not moving to where they've been asked</p> <p>Scanning the room</p> <p>Wide eyed, dilated pupils</p>	<p>Grounding Freeze</p> <p>Stay with me, don't leave. Wonder where I've gone and invite me back.</p> <p>Tell me I'm safe.</p> <p>Watching TV</p> <p>Deep breathing</p> <p>Spinning on a swing, climbing, hanging, rolling or cycling down a hill, jumping on a trampoline</p> <p>Digging in mud or sand</p> <p>Hot chocolate and toast</p> <p>Warm bath and warm towel</p> <p>Soft blanket/teddy</p>
<p>Unhappy, low mood</p> <p>Alone, withdrawn, removing myself</p> <p>Fidgety but not disruptive, anxious.</p> <p>Never questioning or asking questions. Yes or no answers - doing just enough to avoid being noticed, unable to think.</p> <p>Never drawing unnecessary attention</p> <p>Quiet and passive, compliant</p> <p>Easily bullied</p>	<p>Lap/Shoulder Pads</p> <p>Playing with lego or play-doh</p> <p>Give me small repetitive things to do</p> <p>Tell me I'm safe, spend some quiet time with you</p> <p>Hot chocolate and a crunchy biscuit</p> <p>Deep breathing</p> <p>Swinging</p> <p>Soft blanket & TV</p> <p>Warm bath and a warm towel</p> <p>Warm pyjamas</p>