

# Polyvagal Theory

## An infographic resource for professionals to explain the PolyVagal Theory hierarchy



### Purpose:

This resource has been developed for professionals to provide a summary of the Polyvagal Theory hierarchy of states and how that might present in children and young people with whom they work. This infographic can be used as a summary for reflection or provided to care team members and those who are also supporting the child or young person. It seeks to summarise the experience of states of social engagement, mobilization and immobilization. This may also link to discussions professionals might have regarding the Window of Tolerance. It outlines how children might present in each state, what might be happening for them and provides a starting point for responding in ways that meet their needs.



### Audience:

This resource can be used with all of those working with the child or young person – either to present this information or as a reminder. Equally, it could also be used as a discussion point with the child or young person to help them to understand these different states, and to perhaps add the unique experiences and responses of that child or young person.



### What you could do:

- Print and display this infographic in your office as a reminder of Polyvagal Theory and its application in practice
- Provide this infographic to those within a child's care team or broader relational network to support their understanding of the child's presentation and some beginning points for responding
- Expand the 'I need you to....' section for each state with your own ideas of ways of responding that best meet the child's needs
- Discuss the content of this infographic with the child or young person and add in additional ideas based on their own unique story.



Grounded in the work of Dr Dan Siegel, Dr Stephen Porges and Dr Bruce Perry