Managing Meltdowns

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When little people are overwhelmed by BIG emotions. It's our job to share our CALM. Not join their chaos.

- L. R. Knost

relax Kids
www.relaxkids.com

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What is Regulation?

Self-Regulation and Co-Regulation Underline Working Together

¤Self-Regulation: A person managing their own emotions/behavior/thoughts

¤Co-Regulation: Utilizing another to help manage emotions/behaviors/thoughts (regulation partner)

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Strategies to Promote Regulation

¤ Routines
¤ Visual Schedules
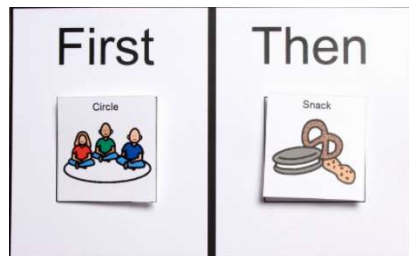¤ Timers
¤ Emotion Teaching
¤ Sensory Calming Tools

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Routines

¤ Provide predictability and assurance
¤ Promotes increased independence during daily activities
¤ Important to prepare a child for changes in routine

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Visual Schedules

¤ Technique to visually display the activities for a given period of time to help the child know what to expect

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Timers

¤ Used to help transition between activities and end activities
¤ Free App: Visual Timer- Countdown

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Emotion Teaching

¤ Read children's books that talk about different emotions

¤ Show a child what different emotions look like and through different situations

¤ Have child identify their own or someone else's emotions with adult support

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Self-Regulation Programs

¤ Programs that provide guidance on specific words to use during different times of regulation

¤ Examples include:
— How Does Your Engine Run
— Zones of Regulation
—5 Point Scale

¤ The important part is everyone using the same words consistently to describe different moments of regulation

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Self-Regulation Programs

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Sensory Calming Tools

¤Create a Calming Corner or a Cool Down Kit
- – Bean Bag
- – Fidgets
- – Sensory Bin (rice, beans)
- – Breathing Ball
- – Bubbles
- –Cool Down Bottle
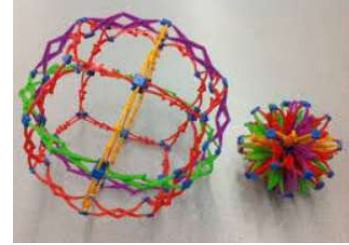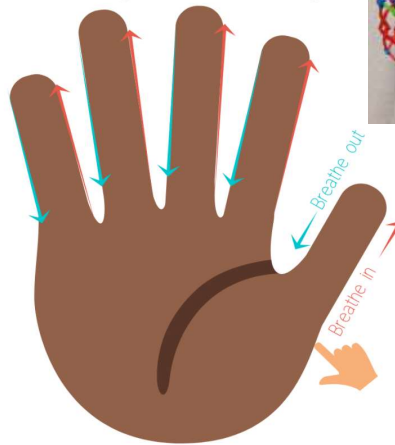- – Books
- – Comfort Objects
- – Emotion Chart

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Sensory Calming Tools

5 Finger Breathing

Breathe out

Breathe in

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Regulation Skills

¤ Generally, as a child gets older, adults can implement less tools to help support regulation skills

¤ Even as adults, we seek out others for regulation

¤ You can slowly phase out tools to see how they can manage

¤ May need to bring back tools during stressful times

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Wrap-Up

¤ Self-Regulation and Co-Regulation working together

¤ Proactive Strategies include visual schedules, timers, emotion coaching, and sensory calming tools

¤ Tools change as a child gets older but will continue to need regulation support because even as adults we need regulation support

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Questions?

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