

HOW TO WORK THROUGH OUTBURSTS



SAY NOTHING...

- Sit quietly nearby
- Pull into a hug
- Gently rub shoulder or back
- Hand massage
- Make confident eye contact.
- Wait. Mentally repeat mantras in your head.

SAY LESS...

- | | |
|-----------|---------------------|
| "Hmm..." | "Ooo." |
| "Oh?" | "Yikes." |
| "Uh-huh" | "Yeah?" |
| "I see" | "I bet." |
| "Really?" | "Ugh, that stinks." |
| "Ok." | |

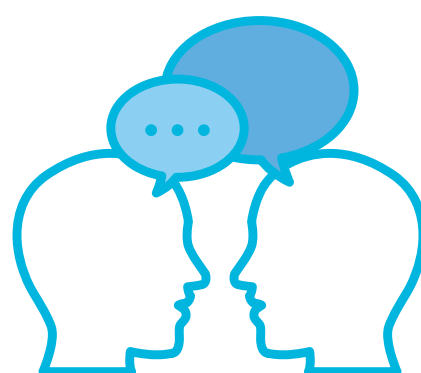


SAY JUST A LITTLE...

- "I hear you."
- "You're MAD!"
- "You're safe."
- "Oh, ok. Tell me more."
- "Help me understand."
- "I want to help."
- "This is really hard for you."

EMPATHIZE...

- That sounds really upsetting.
- You're really mad about that.
- This did NOT go how you wanted.
- What's your plan?
- What do you need right now?
- You're _____ and it's ok to feel _____.
- I'll be right here if you want to talk about it.



AFTER COMPLETELY CALM...

- I saw that _____ really bugged you. Do you want to talk about that?
- I noticed you had trouble _____, what do you think happened?
- How can I help you to make _____ a little easier?
- Do you want to talk about your plan?

MANTRAS FOR YOU

- He/She is doing the best they can.
- I'm 30, he's 3. (insert appropriate ages)
- They are HAVING a hard time, not giving me a hard time.
- I don't have to fix it. Let feelings be.
- This too, shall pass.
- I've got this. (or) Bring it on.



YOU ARE THE CALM IN THE MIDST OF YOUR CHILD'S CHAOS. THEY NEED YOUR STRENGTH. THAT'S CO-REGULATION, THE BIRTH BLAZE OF SELF REGULATION.

S.U.R.E. Parenting

SELF-HONORING UNIQUE RESPECTFUL EMPATHIC