

Home Edition:

# Feeling Buddies for Families™

## QUICK START GUIDE

Congratulations on taking the next step toward improving the emotional wellbeing of your family. This Quick Start Guide is your roadmap to navigate the exclusive *Feeling Buddies for Families Toolkit*, including video coaching.

START HERE:

[FeelingBuddies.com/Coaching](https://FeelingBuddies.com/Coaching)

Exclusive video coaching sessions with Dr. Becky Bailey explain each piece of your toolkit and help you put the Feeling Buddies into action in your family.



### WATCH

Session 1:  
Introduction to the  
*Feeling Buddies for  
Families Toolkit*



### WATCH

Session 2:  
What's Included in  
Your Toolkit



### UNPACK

Your *Feeling Buddies for  
Families Toolkit*



### WATCH

Session 3:  
Managing Emotional  
Mayhem



### READ

*Managing Emotional Mayhem*  
by Dr. Becky Bailey



### WATCH

Session 4:  
Learning the Breathing  
Techniques



### DOWNLOAD

The Safe Place™  
Breathing Icons



### WATCH

Session 5:  
Setting Up Your Safe Place



### DOWNLOADS

Feeling Faces  
5 Steps to Self Regulation Icons  
Breathing Star Template



### WATCH

Session 6:  
How to Use the  
*Feeling Buddies®*



### DOWNLOADS

The 4Bs of Self-Regulation  
Building Relationship through  
Conflict



### PRACTICE

Now it's up to you! Guide  
your child to use their *Feeling  
Buddies* and Safe Place when  
they experience emotional  
upset.

Remember - transformation  
doesn't happen overnight.  
Consistency is the key to  
affecting change for good.



### WATCH

Frequently Asked  
Questions about *Feeling  
Buddies for Families*.

You'll also find links to  
additional FAQs that  
address common  
behavioral challenges.

## Important Note:

Be sure to complete the video coaching and read *Managing Emotional Mayhem* before introducing the *Feeling Buddies for Families Toolkit* to your child. Doing so encourages correct usage and helps your child see each resource as a tool instead of a toy.

DISCLAIMER: The Home Edition: *Feeling Buddies for Families Toolkit* is licensed for home use only. The Classroom Edition: *Feeling Buddies Self-Regulation Toolkit* is created specifically for educators and childcare providers.

[FeelingBuddies.com/Coaching](https://FeelingBuddies.com/Coaching)