



## BREATHE

**TRIGGER:** Your child is lost in a big emotion!  
**BREATHE:** Take three deep breaths to prepare yourself to help him.  
**I CALM:** Breathe deeply for and with your child.  
**SAFE PLACE:** Gently guide the child to the Safe Place and/or scoop them up to continue calming if it seems helpful.



## BUDDY

**I FEEL:** As soon as possible, Your child should name their feeling and gets the corresponding Buddy. Younger children and children just starting out may need assistance via your sensitive labeling, "You seem angry. Let's get our buddy named Angry."



## BOOK

**I CHOOSE:** Gently help the child as s/he choose to self-regulate by reading the corresponding chapter in the *Helping My Buddies* book. Follow up with additional calming activities as needed. Common calming activities include:

- Breathing
- Connection rituals with you
- Reading
- Drawing
- Listen to music
- Writing in a journal



## BALANCE

**I SOLVE:** Rebalance the situation by addressing the original problem through repairing the relationship or solving the problem. Common balancing activities include:

- Spilled milk? Solve the problem by cleaning it up (with assistance).
- Arguing over a toy? Problem-solve ways to handle it, then choose one together and implement it.
- Damaged relationship, hurt feelings? Connect through an *I Love You Ritual* or other bonding activity.
- Don't want to go? Apply empathy while holding the limit. "You were hoping to stay here. It's time to leave. I'm going to help you to the door. You can bring your Buddy with you and keep calming as we go."
- Hitting and kicking? Set the limit, and then teach a new skill by role-playing helpful ways to get needs met. "You wanted... You may not hit. Hitting hurts. Next time, say..." Then reconnect to repair the relationship (if needed).
- Grabbed a toy? Teach a skill through role-play: Tap on the shoulder, hold out a hand and say, "Turn please."
- Name-calling or hurtful words? Teach how to set respectful limits: "I don't like it when you (hurtful behavior). Next time (helpful skill) instead." Role-play then reconnect.
- Pet died? Rebalance by planning a way to remember it and talking about ways to manage the sadness (cry, share memories, write, draw, assemble a photo album, put its collar on a stuffed animal, etc.).