

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

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.



STEP
#1



WATCH

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



STEP
#2



WATCH

Coaching Session 2:
What's Included in
Your Toolkit



UNPACK

Your *Feeling Buddies for
Families Toolkit*



STEP
#3



WATCH

Coaching Session 3:
*Managing Emotional
Mayhem*



READ

Managing Emotional Mayhem
by Dr. Becky Bailey



STEP
#4



WATCH

Coaching Session 4:
Learning the Breathing
Techniques



DOWNLOAD

The Safe Place™
Breathing Icons



STEP
#5



WATCH

Coaching Session 5:
Setting Up Your Safe Place



DOWNLOADS

Feeling Faces
5 Steps to Self Regulation Icons
Breathing Star Template



STEP
#6



WATCH

Coaching Session 6:
How to Use the
Feeling Buddies®



STEP
#7



WATCH

Coaching Session 7:
The Feeling Buddies in
Action



PRACTICE

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



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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.

FeelingBuddies.com/Coaching

DISCLAIMER: The *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.