



Supporting Regulation at Home



Rooted in Faith, we Reach for the Stars

1 Fridge check-in

- Put a small four-colour chart on the fridge.
- Use a photo magnet or name label your child can move.
- Ask: "What zone are you in?" and "What could help you feel better?"



2 Family language

- Model your own thinking: "I'm in Yellow after work; I'll take three deep breaths."

- Use simple stems:

"I'm in... because..."

"I need..."

"This helped me..."



3 Calm kit

- A small box with a few choices: colouring, favourite book, stress ball, ear defenders, fiddle toy, lotion for "breathe and smell," water bottle.

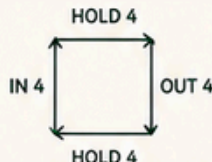


4 Quick regulation tools



Breathing:

five-finger breathing, box breathing (in 4, hold 4, out 4, hold 4).



Movement:

wall push-ups, star jumps, stretch to the ceiling, 30-second shake-out.



Sensory:

wrap in a blanket, look out of the window and count five things you can see.



1, 2, 3, 4, 5

5 Plan ahead for tricky moments

Make a small card: "When I'm Yellow I can..." choose a book, ask for a cuddle, do 10 jumps.

Keep it where your child can reach it.



6 Use stories and TV

- Pick a character and ask: "What zone are they in now? What might help them?"
- This builds emotional vocabulary without it feeling like a lesson.



7



Acknowledge the feeling first:

"I can see you're in Red and really angry."



Keep boundaries clear and kind:

"We keep people safe. Let's try our calm kit."

