SAFETY

Composure

SAFETY FIRST

- 1. My state dictates your state.
- 2. My state co-regulates your state.
- 3. My job is to keep you safe. Your job is to help keep it safe. (Intention change is essential)
- 4. Intention determines the outcome of interactions.
- 5. A child is not born knowing how to regulate itself. They must first experience co-regulation before they can learn to self-regulate.

Triggers and Triggering (Adults with stress, old beliefs)

Brains biological imperative is to survive - to automatically react to any cue indicating the possibility of danger.

Brain is biased to respond to any danger it has known before:

Time of day Day of week Gender, age, or race Tone of voice, body language, touch Our own emotions Being surprised Silent treatment etc.

How can you tell you have been triggered? (Check those that apply)

Trigger = sudden, intense and hard to shake off or shift from says, "I am in danger NOW!" Not I am remembering implicitly danger from past.

Trigger List

- Having to wait
- Being alone
- Victim people
- Complainers
- Feeling trapped
- Center of attention
- Not being happy

- Being surprised
- □ Seeing "X"
- Dark rooms
- Messy rooms
- Heights
- □ Feeling inferior
- Being happy

- Particular songs
- □ Anger tone and expressions
- Silent treatment
- Being threatened
- Confrontation
- Center of attention
- Overwhelmed, overloaded





How do you know you are triggered? (Check those that apply)

- Anxiety, fear, anger
- Increased heart rate
- $\hfill\square$ Grip in pit of stomach, tightness or other stomach issues
- □ Change in breathing: shallow, holding, fast
- Obsessive thinking ruminating
- Disproportional response
- O-60 reactions
- Muscle tensions
- Jumping to conclusions
- Jumping to worst case scenario
- □ Fear of abandonment being alone
- □ Feeling small, feeling attacked
- Doing something I don't want to do

Upset Child Checklist

How do you respond to an upset child? (Not all responses are helpful.)

- Dick up and pat, rock, giggle. Say, "You're okay. You're okay."
- □ "Look over here! Play with this!" (Distraction)
- Pacifier, blanket, etc.
- □ Bounce and "Shoosh!"
- □ Ignore/let them cry.
- □ S.T.A.R. on body and "sssssssssss" sound on exhale.

A Helpful Way to Respond to the Upset Child

- **Step 1:** S.T.A.R. (<u>S</u>mile, <u>T</u>ake a deep breath, <u>A</u>nd <u>R</u>elax). Actively calm yourself first to stay in the higher centers of your brain.
- Step 2: Exhale with a "ssssssssss," focus on calming yourself.
- Step 3: Touch, hold, rub and rock, depending on child.
- **Step 4:** Wish the child well by continuing to breathe.
- Step 5: Notice. "Your face is going like this (demonstrate with your own face)."
- Step 6: Label the emotion. "You seem sad/scared/etc."
- Step 7: "You wanted _____." or "You were hoping _____."
- Step 8: Commit to keeping the child safe. "You're safe. I will keep you safe."
- Step 9: Offer redirection, choices and/or teach a new skill. "Let's play an I Love You Ritual," "Let's find a toy," "Next time say, My turn, my turn."

At first, the upset will escalate. This will allow the child to actually feel the emotion. It is imperative to stay calm and follow through with the steps.



SAFETY

Adult Assertiveness

Assertive Voice Checklist

An assertive voice is the "voice of knowing." It focuses on what you WANT, and helps provide a felt sense of safety.



Do you...

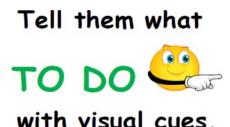
- Offer clear communication with instructions of what TO DO with visual cues or gestures (ie. modeling actions or pointing)?
- Send a non-verbal message of "Just do it?"
- State commands with useable information (ie. instead of saying, "Put the toys away," you say something like, "Put the blocks in the basket like this.")?

Breathe before you speak.

Children "think in pictures."



Paint a clear picture with your actions and words.



Tell them what TO DO with visual cues.

Paint a clear picture with your actions and words.

- Give it back to her.
- Put the cars away, okay?
- Get down from there!
- Put it in her hand.
- Put the cars on the shelf, like this.
- Put your feet on the floor, like this.
- Don't squeeze his hand! ----- Hold his hand gently, like this.
- Sit on the carpet, okay? Sit on the carpet just like this.



ACEs Surve	÷ y

Female	or Male	Number	of years in E	ducation:	Grade Lev	el(s):
Profession (d	circle one): Teac	her	Counselor	Administrator	Other:	

This survey includes questions about difficult childhood experiences. These experiences are more common than you might think, and can impact our health or the way we think about caring for children. Please answer these questions about your childhood experiences. Your answers will be kept completely private. Circle the answer that applies to you.

Prior to your 18th birthday:	NO	YES
. Did a parent or other adult in the household often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?		1
2. Did a parent or other adult in the household often push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured?	0	1
3. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way? Or attempt or actually have oral, anal, or vaginal intercourse with you?	0	1
4. Did you often feel that no one in your family loved you or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?	0	1
5. Did you often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	0	1
6. Were your parents ever separated or divorced?	0	1
7. Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Or ever kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife	0	1
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	0	1
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?	0	1
10. Did a household member go to prison?	0	1

Now add up your "yes" answers _____. This is your ACE score.





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coastalconnectionsot Edited - 43w Before you do anything save this to refer back to!

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Co-regulation is the ability to use your nervous system to help regulate someone else's, in this case your child. The biggest sensory tool that you have to offer your child is yourself! You will notice the majority of these strategies involve using your body and yourself as a sensory tool! They do not involve any fancy equipment or toys, just you!

Sensory based strategies for coregulation can often be over complicated, when actually what is needed the most is to simplify & remove stimuli.

- When a child is durenoulated theu



