



## **Helping your child find their CALM**

When your child feels a big emotion such as anger, worry or sadness, they will find it very difficult to listen to your instructions, to think or even sometimes to find their words to let you know what they need. This is because when our feelings get so big, our “thinking/upstairs brain” goes offline and disconnects from our “feeling/downstairs brain”. We call this “flipping our lids”. As a result, your child can act out their emotion by misbehaving, withdrawing and going quiet, becoming extra clingy to you or having a teary meltdown.

### **How can parents help?**

Your child will need your help to find their calm again so that they can listen to you, use their words instead of their body to communicate how they are feeling and choose more positive behaviour. They need you to help them feel safe again. As always, it is essential that you find your calm first. It can also be helpful to have either a “calm space” or simply a “calm box” in your home for them to use when they feel in their body that they are having a big emotion (hot cheeks, knot in the tummy, tight fists, etc). In this space or box, have various simple items that can help them: a fidget toy, a squishy ball to squeeze, quiet music, a little cuddly toy, lavender scented hand lotion, a raw carrot or apple to bite on, paper and pencils to draw/colour, a calming book, a family photo, pictures of nature scenes, etc. Also encourage some deep belly breathing. Once they feel calmer, they are ready to listen and to talk, you can check in with them and think together about what happened.

**Sometimes we could all do with someone to talk to. If you would like to meet Roxy for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Tuesdays at 9-10am. You can call/text Roxy on 07730416019 or email her at [roxy@schoolsounsellingpartnership.co.uk](mailto:roxy@schoolsounsellingpartnership.co.uk)**