



- C**onsider you or your child may be in fight, flight or freeze mode
- H**as it been longer than two hours since your child has eaten or hydrated?
- E**xplain you are here to help them.
- C**alm yourself by practicing deep breathing and counting backwards.
- K**eep the end goal of connection in mind.
- I**dentify the meaning behind the behavior.
- N**otice how your body is feeling and reacting to stress.