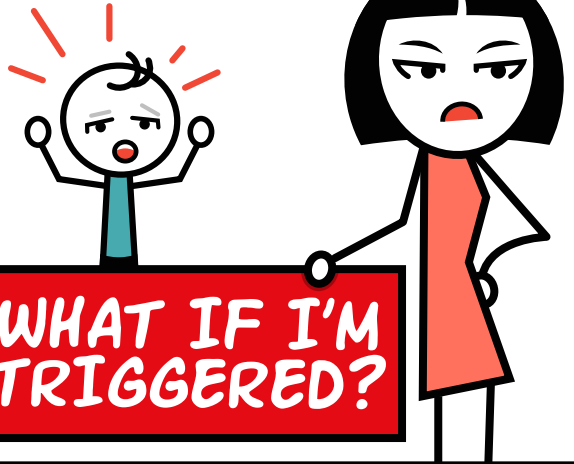
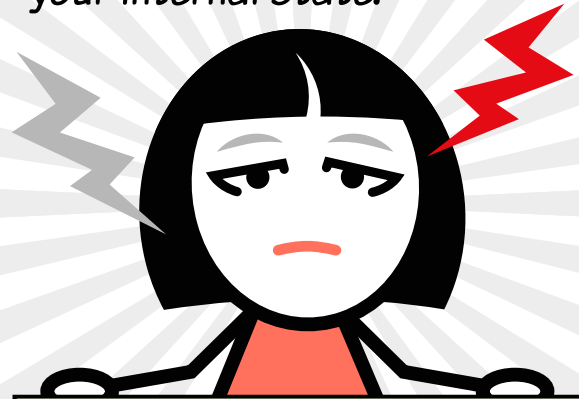


FOSTERING SECURE ATTACHMENT #2

I know I need to help my child feel safe, **but...**

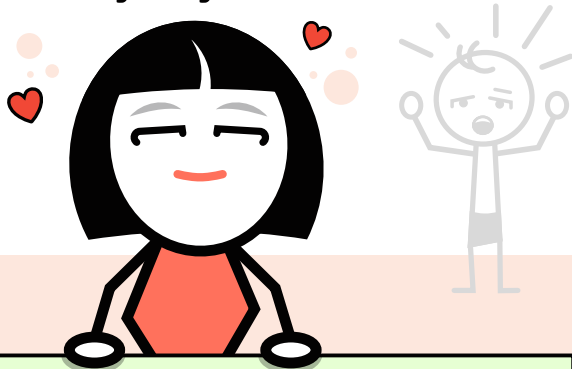


STEP 1: Bring awareness to your internal state.



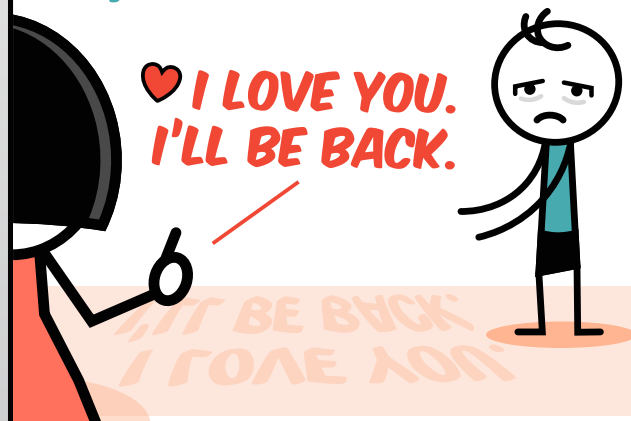
You're feeling triggered because your nervous system perceives a threat.

STEP 2: Send a message of safety to yourself.



Take a full breath and affirm:
I'M SAFE. I'M LOVED. I'VE GOT THIS.

STEP 3: It's OK to walk away if you need more time to regulate. Let your child know...



STEP 4: Some things to try after walking away:



DRINK SOME WATER



TAKE SLOW, FULL BREATHS



TEXT OR CALL A FRIEND



SPLASH WATER ON FACE AND HANDS

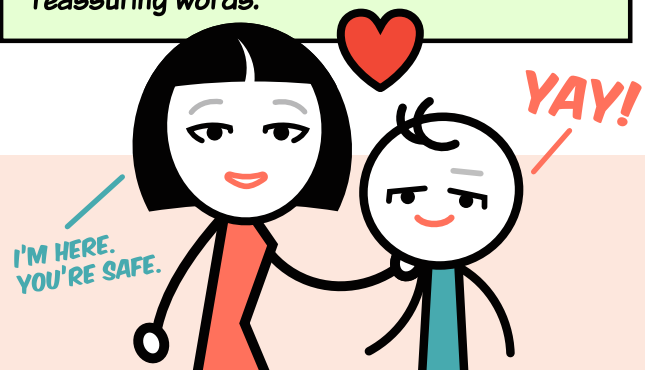


PUT ON SOME CALMING MUSIC



MOVE YOUR BODY!

Once you're calmer, soothe your child with a gentle voice, relaxed body language, and reassuring words.



When kids feel safe, they're more receptive and flexible.
PARENTING CAN BE TOUGH, BUT YOU'VE GOT THIS!