

# Tips for Working with Young Children



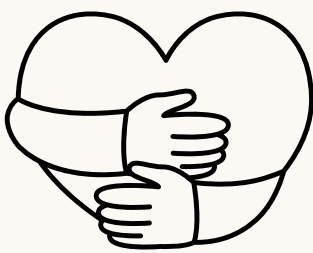
## Behavior is Communication

When we don't have the words, we use our voices or our bodies to show what we are feeling. When a child is dysregulated they will show you.



## Help with Feelings

When children are experiencing emotions, it's important to help them identify the them, by saying "you are so happy, you're clapping your hands", or "you're angry because it's time to clean up, that feels really hard".



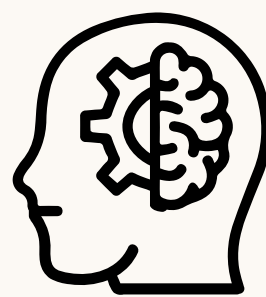
## Co-Regulation

The act of a regulated person being with a dysregulated person during high stress times, providing comfort and attunement to help with regulation.



## Less Words

Too many words can be highly dysregulating to children experiencing big feelings. They want to know that you are able to be with them unconditionally during hard times.



## Nervous System Perspective

Behaviors are the product of a dysregulated nervous system. Children don't want to be or feel out of control, and they need help accessing skills to help strengthen their nervous system.



## PRACTICE

Practice while REGULATED. Introduce and use skills while kids are regulated, make it fun, make it engaging and talk with them about how skills can help their bodies. They will be more likely to use these skills on their own in times of high stress, if they know how.