



# Your response matters

When kids are experiencing survival responses, it's important to choose the right strategies to support them. Here are some tips to help you respond appropriately.

## **Be aware of your emotions**

When you're dealing with kids who are Heating Up or Boiling, it's easy to become stressed yourself. Monitor your emotions and implement your own calming strategies. It's important you remain calm to provide co-regulation and to stay neutral.

## **Co-regulate**

Use co-regulation to help your kids calm down. Before you approach your child/teen, take some deep breaths. If you are breathing deeply and talking slowly, your kids will likely begin to do the same. If you are visibly stressed, they are less likely to calm down and may escalate further.

## **Intervene quickly**

Intervene at the first sign your kids are Heating Up – you can use the moment-by-moment assessment to assist you. Supporting them early will help them to calm sooner. Once they reach Boiling, their thinking brain is offline and they will find it harder to calm down.

## **Remain close**

Remain as close to your kids as they are comfortable with. Ensure that you don't stand over them, but get down to their level to offer support. Try to maintain a relaxed posture, and notice your own movements and emotions. Kids are likely to notice if you appear stressed or anxious and may struggle to calm down.

## **Use your tools**

Your response should be guided by your child/teen's Managing Emotions Guide (MEG), which suggests the most appropriate strategies for Heating Up, Boiling and Cooling. Once your kids are Chilled, you may want to review their MEG strategies to ensure they are still effective. Refer to your Centring Plan to help you remain calm and neutral, and to support coregulation. For further information, please refer to the [Managing Emotions Guide factsheet](#).