

EMOTIONAL DYSREGULATION

Supporting a Distressed or Angry Child or Young Person

Dysregulation happens when the brain reacts to sensory input in a manner that activates the alarm state

When a child is dysregulated, it can be harder to

LISTEN
COMPREHEND and
COPE



REMEMBER THE 3 R's

Regulate

Focus on making your child feel calm, safe and loved by soothing them.



Relate

Acknowledge your child's feelings using both words and tone:

“ I know you are upset now”.

“I know this is very hard for you”.

Connect with your child.

Reason

Once your child is calm it is now the time to discuss what alternatives there are to their behaviour while still reinforcing limits that you set previously. Tell them that you love them but the way they are behaving is not acceptable.

Only when a child is regulated are they likely to relate to you and feel connected and comfortable. Only when a child is related are they likely to have the mental capacity to reason with you.