

Caregiver Tip Sheet for Emotion Regulation Skills



<p>Deep Breathing Instructions</p> <p><u>Beginning Deep Breathing Strategies</u></p> <ul style="list-style-type: none">• Practice breathing in by smelling the scratch & sniff stickers. You can use other items to smell like candles, food, or flowers. Practice a few times a day to master this skill.• Practice breathing out by blowing bubbles. Another option is to use a pinwheel. <p><u>Advanced Deep Breathing Strategies</u></p> <ul style="list-style-type: none">• Teach the figure 8 breathing first. Trace the picture by starting with your finger on the sun and slowly going around the figure 8. Demonstrate it first and then trace with them until they understand the movement. This should be done slowly and several times in a row. Remind them it's like smelling the sticker in and blowing bubbles out if they started with the steps above.• Once this is mastered, move on to the triangle breathing. Trace again with your finger this time breathing in, holding, and breathing out.• Practice several times a day when your child is calm (1 on scale) to build the skill. Once it is mastered, you can use it to help calm down (3 is a good time to start).	<p>Muscle Relaxation Instructions</p> <p>When our muscles are relaxed, our brain and breathing follows. These are great tools to use when your child is anxious or irritated, but you must first spend time teaching them when they are calm (Level 1 on the scale).</p> <p><u>Beginning Muscle Relaxation Skill</u></p> <ul style="list-style-type: none">• Start with the star stress ball and direct them to squeeze tight, tight, tight. Then release. The release is when their muscles are calm. Practice this 3 times in a row. <p><u>Advanced Muscle Relaxation Skills</u></p> <ul style="list-style-type: none">• The visuals provided can be used to relax multiple muscles. Practice each multiple times.• Chew some gum: You can chew real gum or pretend. This relaxes the jaw.• Squeeze some orange juice: Like squeezing the stress ball but now able to do it without the ball. Imagine squeezing oranges.• Stretch like a rubber band: This relaxes the whole body. Stretch each body part.• Hide in your shell: Lift your shoulders up by your ears tight and then relax.
<p>Caregiver Calming Tips</p> <p><u>When Your Child Needs to Calm</u></p> <ul style="list-style-type: none">• Sit calmly beside your child and do your own deep breathing. As your body calms, your child's body also may calm. <p><u>When You Need to Calm</u></p> <ul style="list-style-type: none">• You can use all the strategies in this kit! Deep breathing and muscle relaxation work for anyone.• You can use mindfulness apps to build your own mindfulness practice.<ul style="list-style-type: none">○ Calm○ Sanvello○ Headspace	