

Got It!



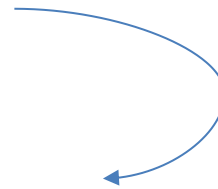
Connect to Reflect: The 3 C's

Resource derived from Bruce Perry's 3 R's

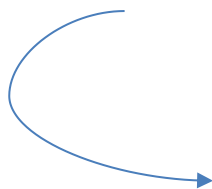
When children are having big feelings, that stop them from thinking clearly or making good choices, try helping them to calm and connect before you chat about the problem.



Calm: Help their bodies and brain calm down by doing some calming activities together: taking big belly breaths, squeezing a stress ball, stretching your bodies or having a big hug.



Connect: Help your child to feel safe and understood. Share a few moments together to let them know you are there for them. Naming their feelings can help.



Chat: When a child is calm and connected they are in a better place to think about what was hard and what they might like to try differently next time. If this is difficult they may need more calm and connection first.