

When Your Kid is Losing It

Post this on the fridge to remind you.

*Go over these steps
with your family.
They take practice.*

Maintain Your Composure

Calm yourself (calm is contagious). Try yawning with intention.

Ensure Safety

Safety first. If everyone is not safe, be helpful or get help. No hitting, hurting, yelling, or name calling. If they're little and trying to hurt you, you can hold up a pillow between you.

Avoid Eye Contact

A person who's losing it feels unsafe. Avoid eye contact and use a gentle tone of voice. If you speak, use few words (their brain isn't working very well). You can say, "You're safe. This is a safe place."

Notice their Body

Say your observations out loud: "Your legs are stiff," or, "Is your heart beating fast?" Pause. Notice their reaction.

Connect with their Feelings

Notice how they're feeling. Say, "You feel _____ because _____." (This doesn't mean you agree with them. You're just helping them feel their feelings.) Pause. Notice their reaction.

Connect with their Values

What's important to them? What do they like? Take a moment to think about it. Don't focus on the "don'ts," such as, "You don't like it when..." Instead, affirm their values, "You care about _____." Pause. Notice their reaction. You may repeat the steps above.

When the Family is Calm...

Avoid rewards, consequences, and punishments (they can cause stress). Instead, talk about feelings. All feelings can be felt in healthy ways. What can you do when you feel sad, mad, or stressed out? Make lists for each family member on things that are soothing for them (including yourself). Also, talk about family values. You care about love, safety, and kindness. What else is important to each family member? As you learn, celebrate wins together. Dance in the kitchen. :)

Consider Getting Help

A family member who loses it every day has a stressed out body, heart, and mind. They can benefit from professional help with a doctor, counselor, coach, massage therapist, nutritionist, or other wellness professional. As your mentor, make sure they come from a self-regulated family (just ask). If they say, "Everyone yells," they're not the right person to help you. Bring this sheet with you.

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Help for families who yell.

TemperCoaching.com

Private classes on the phone, public speaking, and the book,
The Day I Threw Banana Bread and Almost Went to Jail

