



# PBIS

## Positive Behavior Intervention Supports

### How to Help Your Child to Manage Difficult Feelings so They Can Manage Their Behavior.

Children experiencing strong feelings are more likely to misbehave. When our stress response system kicks in, our thinking brain goes on standby and we react to situations rather than respond in a calm, problem solving manner. This is true for adults and children alike. By teaching our children what to do when they are experiencing strong feelings, we can help them regulate their own behaviors and respond to frustrating or otherwise difficult situations more effectively.

Help your child to recognize when they are having a strong feeling. You might encourage them to say "STOP" out loud or quietly to themselves.

Help them to detect the physical sensations associated with their feelings. Is their face tight or hot? Are their hands clenched in fists?

Encourage your child to name their feeling. ***You gotta name it to tame it!***

***Use a coping strategy.*** Teach your child to take deep breaths, in through the nose like smelling a flower and out through pursed lips like they are blowing out a candle. Deep breathing will lower the stress in the brain and allow the thinking brain to start working again. In addition to deep breathing, a child can count to ten and use self talk to help with the calming process.