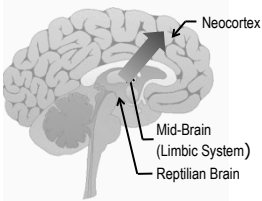


Bottom-Up Control



Effective:

1. Connecting
2. Slowing down
3. Understand
4. Breathing
5. Time-in
6. Gentle touch *(sometimes)*
7. Regulating
8. Sitting
9. Quieting
10. Joining
11. Maximizing
12. Expressing Passion
13. Relating
14. Supporting
15. Exploring
16. Empathy
17. Validating
18. Accepting
19. Engaging
20. Apologizing

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CHEAT SHEET

Sample Relationship-Based Responses to Use When Billy Becomes Dysregulated and Stressed

- "Looks like you're having a hard day."
- "Help me to understand what's going on."
- "How can I help?"
- "I know it is hard, but the more you keep it inside of you, the harder it gets."
- "I need to know how bad it was for you."
- "You're not in trouble."
- "How did that make you feel?"
- "Stay with it, Billy. You're not alone in it."
- "Open up to the pain. You're safe now, so let it out."
- "I had no idea this was so hard for you!"
- "Breathe. Take a deep breath." *(Take a deep breath to model it for your child.)*
- "I've gotta have it...I need to have your feelings."
- "You don't have to carry it all."
- "That's too much pain to have all by yourself. Can you share it with me?"
- "I want to understand you better and if I know how you feel, I'll be able to do what you need me to do."
- "I believe in you, no matter how you feel."
- "Give yourself permission to have a voice. I'm listening."
- "I can handle whatever you went through/whatever you're feeling."
- *Use your own story to connect: "I remember when I was a little girl/boy and a friend of mine was really mean to me..."*

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Survey Says...

"Being with my teacher makes school better."

(1st Grader)

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