

NOTICING CUES HELPS TO COPE



#1

Learning about cues or reactions in the body can help you and your children use approaches to feel emotionally safer.



#2

How do we do this? Notice what comes first when something happens to you or your kids. How does your body feel inside?




#3

By noticing what occurs in your body you can notice cues like a racing heart, feeling jumpy, and other kinds of physical sensations.



#4

You can learn to notice these cues and then do calming activities to help manage through upset, feelings, and difficult moments.



#5

Breathing, moving, rocking, humming, and tapping are some approaches you can do with your children to help gain calm and safety.

