

**DISTRICT
204**

MENTAL HEALTH
SYMPOSIUM



SATURDAY, MARCH 4

PRESENTED BY:



Coaching Your Child Through Big Emotions

presented by

Tracy Schwartz LSC
Indian Prairie School District



COACHING YOUR CHILD THROUGH BIG EMOTIONS

NEVER

IN THE HISTORY OF CALMING DOWN.
HAS ANYONE EVER CALMED DOWN
BY BEING TOLD TO CALM DOWN.



CALM DOWN

HELLO!

Tracy Schwartz, M.S., LSC



- *IPSD Social Emotional Learning Coach @ Longwood Elementary*
- *29 years experience working with youth*
- *Trauma-Informed Practitioner*
- *Youth Mental Health First Aid Trainer*
- *Parent*

LEARNING OBJECTIVES



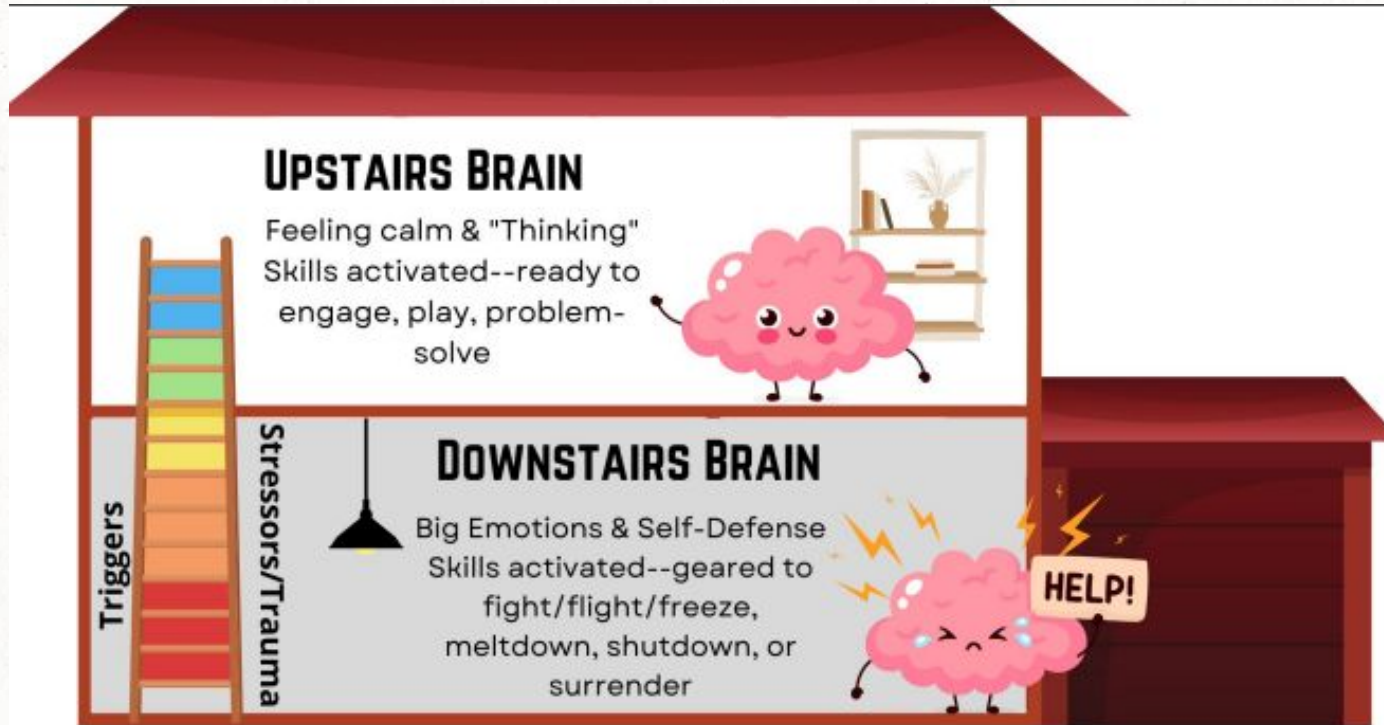
1. A different lens to behavior and brain science
2. How to build emotional competency of our kids
3. How to respond to big emotions (and how not)
4. Care for the caregiver

HOW DO WE VIEW BEHAVIOR?

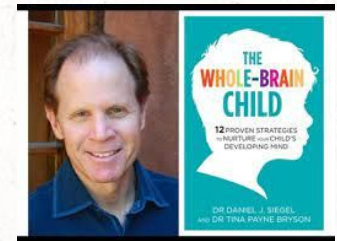


Dr. Ross Greene, livesinthebalance.org

BASIC BRAIN SCIENCE



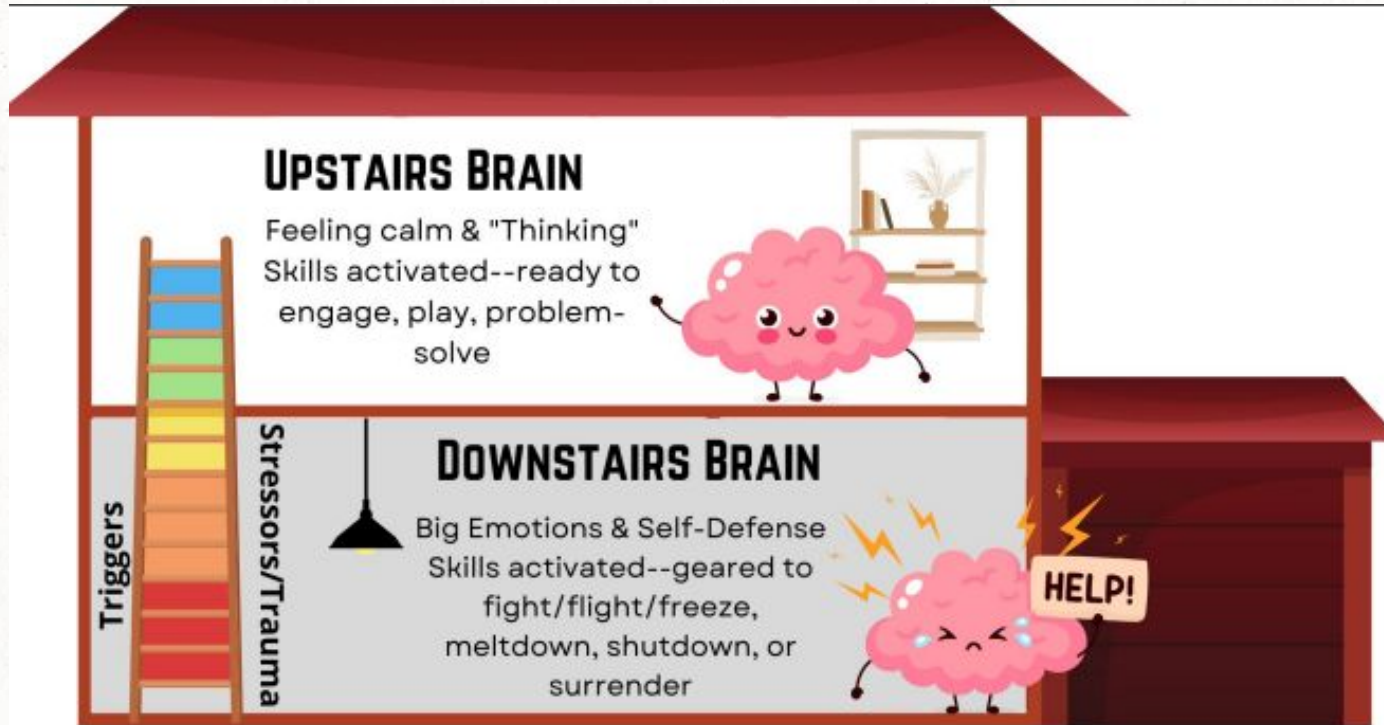
Based on the work of
Dr. Dan Siegel



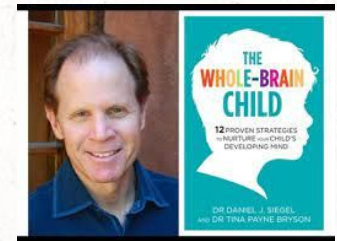
drdansiegel.com



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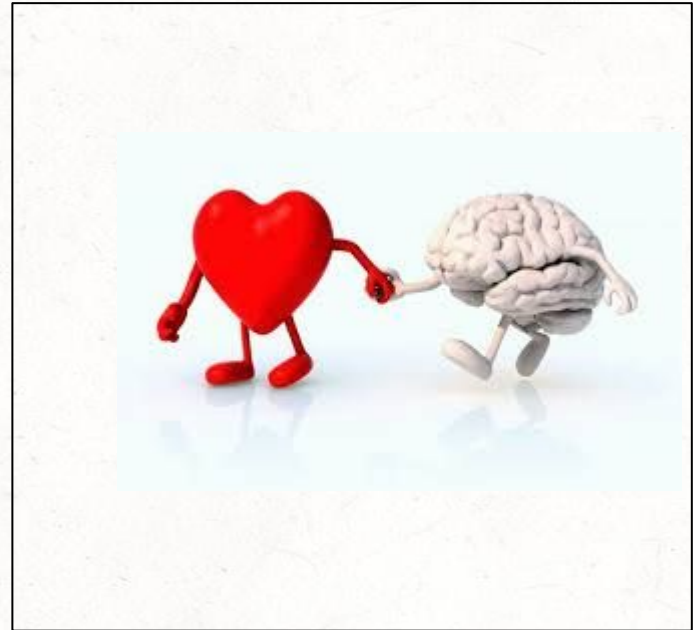
drdansiegel.com

EMOTIONAL AWARENESS

Talk about emotions



Healthy modeling of emotions

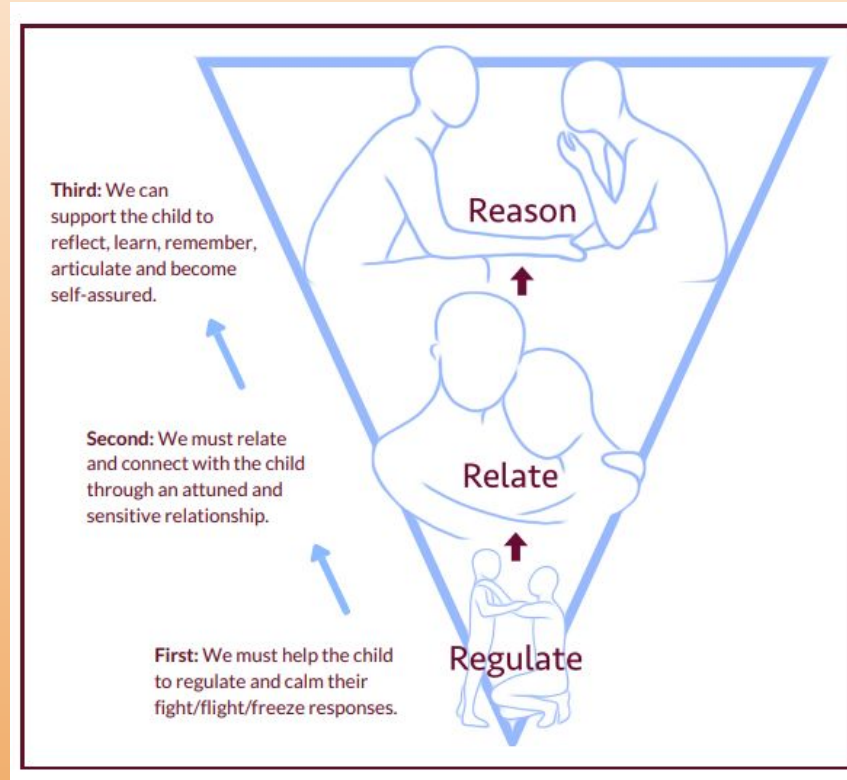




When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos.

~ L.R. Knost

THE THREE R'S - REACHING THE UPSTAIRS BRAIN



“

*A dysregulated adult will never regulate a
dysregulated child.*

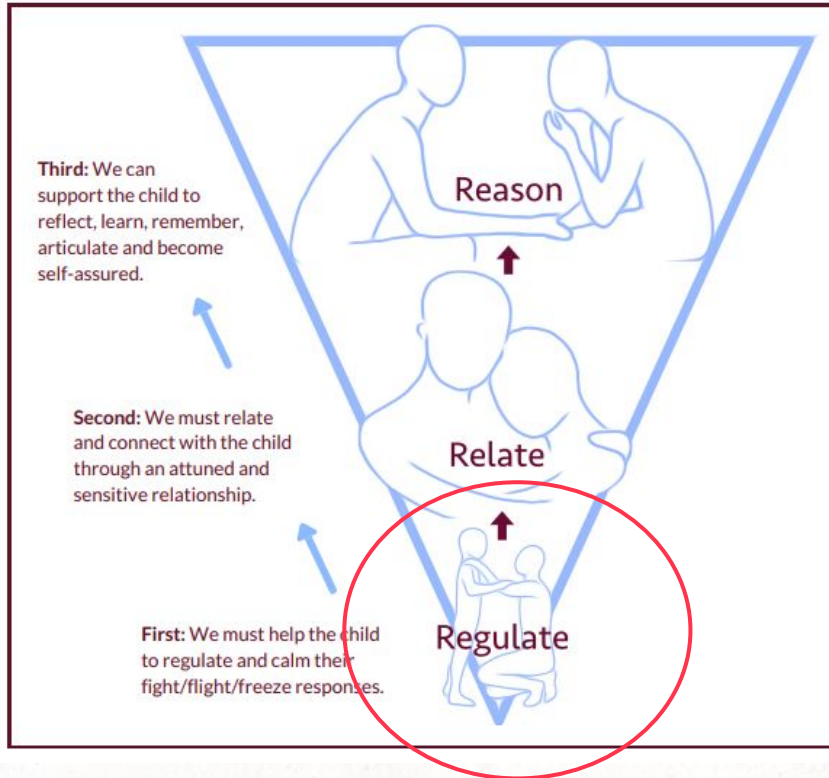
Dr. Bruce Perry, M.D., Ph.D

A PICTURE IS WORTH A THOUSAND WORDS

*Fit your own
oxygen mask
FIRST*

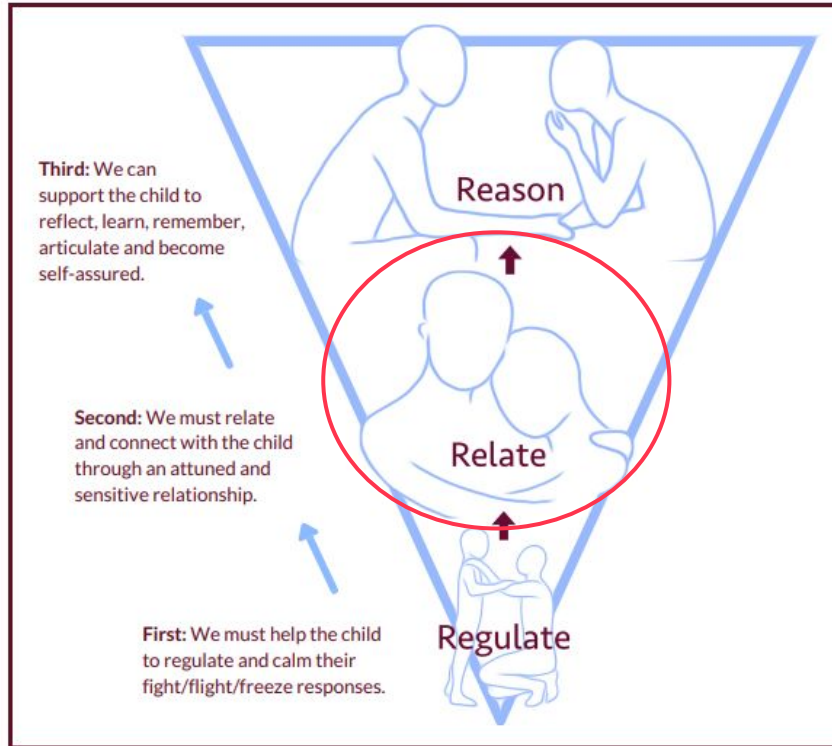


IT'S HAPPENING.....WHAT DO I DO?



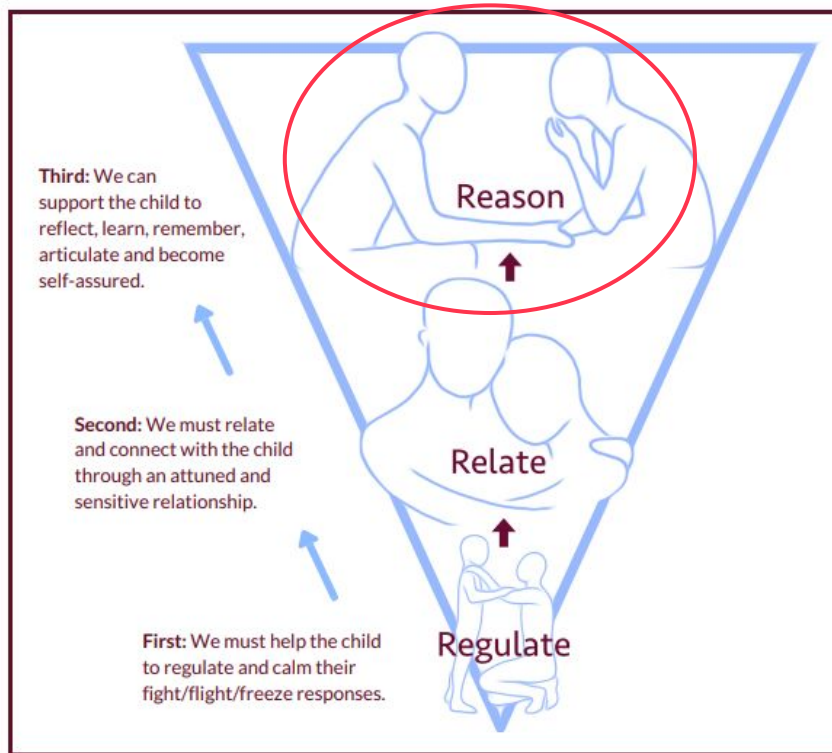
- ▶ Stop and breathe
- ▶ Accept what is happening
- ▶ Get on their level
- ▶ Minimize words
- ▶ Avoid taking personally
- ▶ Focus on making them feel safe and loved
- ▶ Ignore others' looks (in public)

HOW DO I RELATE?



- ▶ *Validate the feelings*
- ▶ *Use a calm, genuine tone*
- ▶ *Use fewer words*
- ▶ *Focus is on connection*

HOW DO I REASON?



Once child is calm:

- ▶ Talk about alternatives to behavior
- ▶ Brainstorm problem-solving strategies
- ▶ Reinforce the limits set previously - don't cave!
- ▶ Reassure you love and care about your child

CO-REGULATION

The supportive process between caring adults and children, youth, or young adults that fosters self-regulation development is called “co-regulation.”

How to Co-Regulate

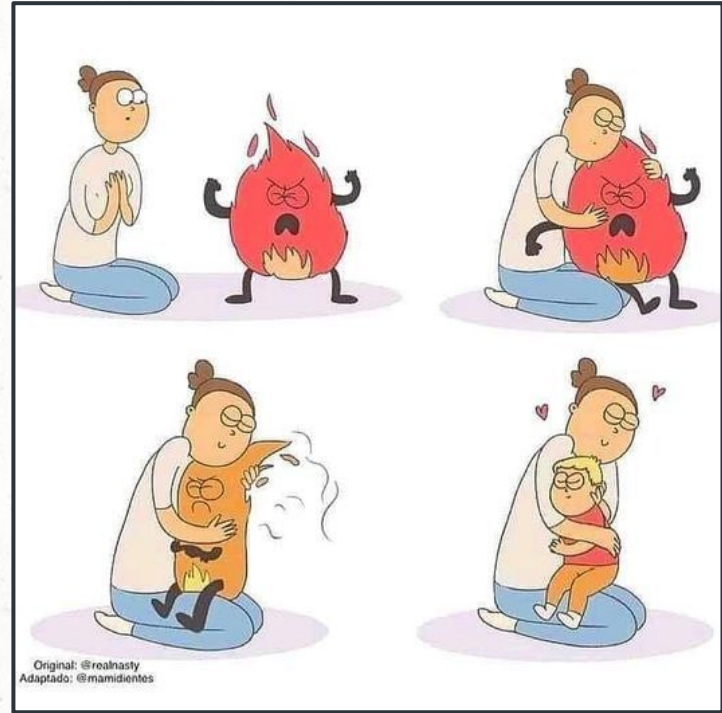


NEED FOR CONNECTION AND SAFETY

"When a child can't
calm down they
need connection
and comfort, not
criticism and
control."

- JANE EVANS

 www.autismlittlelearners.com



MANAGING YOUR OWN STRESS

What do you do to help keep yourself centered?



unplug

practice
Gratitude

PARENT RESOURCES

Websites/Organizations

[apa.org](https://www.apa.org)

[Thepathwaytosuccess.com](https://thepathwaytosuccess.com)

[Parentandteen.com](https://parentandteen.com)

[Samhsa.gov](https://www.samhsa.gov)

[Nctsn.org](https://www.nctsn.org)

[St. Croix River Ed Dist](#)

Books:

*Connections Over Compliance by
Dr. Lori Desautels*

*Raising Your Spirited Child by
Mary Sheedy Kurcinka*

*The Whole-Brain Child by
Dr. Daniel Siegel*

*The Explosive Child by
Dr. Ross Greene*

*Beyond Behaviors by
Dr. Mona Delahooke*

Social Media/Podcasts:

Robyn Gobbel

The Contented Child

Whitney Fleming Writes (teens)

ADDitude Magazine

Fred Rogers Institute

The Attachment Nerd

The Neurodivergent Therapist

The OT Toolbox

Pathway 2 Success

Raising Teens Today

Mental Health Resources



Community Advocacy, Resilience, Engagement and Supports

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Thank you for attending!