



Promoting Mental Health and Self-Regulation Skills

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Six Things I Can Do to Support Self-Regulation

1. Provide consistent and nurturing support to help your child cope with big feelings and return to feelings of safety and comfort.
2. Practice self-care and seek mental health support, as needed.
3. Explore and be aware of how your own childhood experiences may be impacting your responses and relationship with your child.
4. Take time to check in with what you're feeling when your child is crying, upset, or frustrated about something.
5. Practice connecting with your child emotionally by naming their feelings and letting them know their feelings are important and understood.
6. Learn about social and emotional development and what behaviors your child is capable of or not capable of based on their stage of development.

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Three Ways to Provide Nurturing Discipline

- Connect and Calm
- Set and Stick to Routines
- Notice the Good



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Let's Relax Together!

What my child/I liked best about this activity:

How might you and your child engage with this activity in other ways:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you can practice **Connect With Me** by limiting distractions and providing your full attention.
2. Find a quiet space to brainstorm ways to practice finding calm during times of stress with your child and other family members. Then, practice one or two of your ideas. Some ideas for practicing calm include: intentionally breathing in through your nose and out through your mouth, doing 3-4 easy stretches that feel good, listening or moving gently to relaxing music, and placing your hand on your tummy to feel your breath going in and outs.

As you do this activity with your child, you **MIGHT**:

- » Place your hands on your belly and take 2-4 slow breaths as you think about helping your body and growing baby to feel calm,
- » Sit up in a chair and place your infant close or do skin-to-skin time, and focus on being present as you sing to them and rub their back,
- » Invite your toddler to lie on the ground and place a stuffed animal or doll on their tummy. They can watch their toy go up and down as you support them to take some slow, calming belly breaths, or
- » Encourage your child to help build a "calming tent" with boxes, furniture, sheets, and pillows for you and your child to go inside and cuddle, sing, read a favorite book together, or talk about how it feels to be calm and relaxed together.

