

# BEHAVIOR IS COMMUNICATION

**Dysregulation is an overflow of emotions such as**

- crying
- screaming
- tantrums
- hiding
- refusing to speak
- anger
- anxiety
- aggression
- outbursts
- curling into a ball.

**Dysregulation is behavior that is viewed as "out of control".**

- Dysregulation is our inability to control our emotions, reactions and behavior.
- It is normal and comes from the most ancient and develop part of our brain... it's fight, flight or freeze.
- How your child acts when when they are dysregulation is giving you a message
- How you react to your child's dysregulation sends a message
- When your child is dysregulated they are unable to really hear or absorb any information you are giving them.

**Controlling your own reaction is the best tool for helping your child.**

Co-regulation is one of the most powerful gifts we can give our kids is helping them learn how to self regulate.

Best way to stay regulated when things are getting elevated is by regularly practicing techniques we know calm us such as "the pause" or box breathing.

