

# Reassure

Let child know they are safe. This could be said with words, hugs and safe spaces in the home.



# The Three **R**s

Ways to support your child's resilience

# Return to Routine

Routines for meals, bedtime, household schedules all help children to know what to expect.



# Regulate

Skills to calm self: belly breathing, stretching, relaxation

Skills to name feelings: colors of emotions, words for feelings

Skills for managing emotions

# The Three **R**s

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**HealthyChildren.org**



Ways to support your child's resilience

## Reassure

Let children know they are safe



Remind child that they are safe

Reflect for the child, consider the world through a child's eyes



Touch for reassurance:

- hand on shoulder/back
- hugs (if appropriate)
- rubbing back
- high fives



Create safe places within home:

- a tent in bedroom
- canopy over bed
- own safe chair
- weighted blankets

## Return to Routine

Let children know what to expect

Create routine charts or prompts, depending on age:

- bedtime
- mealtime
- homework
- chores



Explain changes in the schedule ahead of time



Set up routines for before & after schedule changes:

- read the same story
- play the same game
- eat the same meal



## Regulate

Teach children to manage their emotions and behaviors

Teach relaxation techniques:

- tense and release of muscles
- guided relaxation
- belly breathing
- yoga poses
- stretching



In times of calm:

- play feelings charades — act out hungry, proud, disappointed, etc.
- talk about where in the body child feels emotion — chest, stomach, head, etc.

Practice skills to use when child gets upset or angry:

- deep breathing
- seek an adult
- engage in active play



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