



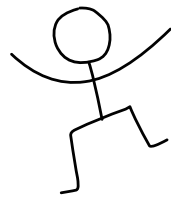
## 01. Children and teens need repeated support to manage their big feelings.

Humans don't learn self-regulation all by themselves.

Children learn to handle their emotions by being supported by calm, caring adults.



## 02.



### Big feelings shut down thinking.

They cause the parts of the brain that manage self-regulation and impulsivity to go 'off-line' for a while.

This makes it difficult to:

- Think clearly
- See other perspectives
- Ask for help

## 03.



### Adults can help by staying calm and available.

Each child's needs will differ. Some may need a hug, others may need someone to sit quietly nearby.

### Over time, consistent and patient support teaches a young brain how to regulate on its own.

## 04.

