

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Why Calm Adults Matter More Than Consequences

Children borrow regulation from the adults around them.

What I Notice

- My child settles most when I _____

- Escalation tends to happen when _____

What This Might Be About

- My child may need my nervous system to _____

- Calm presence might help by _____

What Comes Up for Me

- Staying calm is hardest for me when _____

- I notice my stress increase when _____

Gentle Reframe

“My calm presence is part of the intervention.”

Final Reflection

- One way I can support my own regulation is _____
