

DOES YOUR CHILD:

Child's Name _____

Look to you, another familiar adult, or a favorite item to help them calm or be comforted?

☐ Often ☐ Sometimes ☐ Not Yet

Adjust their emotional reactions in response to others?
(e.g. looks to see how others respond to a loud noise)

☐ Often ☐ Sometimes ☐ Not Yet

Have favorite foods or toys?

☐ Often ☐ Sometimes ☐ Not Yet

Want to play or interact with you even when you aren't doing things for him/her?

☐ Often ☐ Sometimes ☐ Not Yet

Show interest in other children's actions?

☐ Often ☐ Sometimes ☐ Not Yet

Clip and return to school.

Clip and Save.

Help your child learn to calm him/herself

Your child will still need your support and caring, and won't be able to manage all their emotions for some time. But they may begin to use some ways to calm themselves. A special blanket or toy can be a comfort to your child. For some children lying down in a familiar place can help them to calm. Talk with your child about their actions and feelings (e.g. "You're sad but hugging bunny makes you feel better.").

Allow your child to be "all done"

When your child has had enough of a situation and shows you they want to be done, allow them to make this choice if possible. You can't always allow this choice for reasons of health and safety, but when you can, allow choice. Your child will begin to recognize their own feelings and communicate their needs. Watch for signs that your child is becoming overwhelmed or fussy. Ask if they are "all done" using words or sign language.

Find opportunities to be around other children

Point out other children. Play games that might interest other children or get them involved in a common activity. Allow them to explore the same space while supervised.

