
Give words to feelings.

Giving words to a child's feelings helps to calm down the emotional part of a child's brain. **"Name it to Tame It"**

Find your child's triggers.

Be in tune with what may trigger strong emotions in your child. Prepare them in advance for an unavoidable situations if possible.

Calm down with a deep Belly Breathe

<https://m.youtube.com/watch?v=mZbzDOpytA>

Or a Yoga Volcano pose

<https://m.youtube.com/watch?v=XCmY9MD5Kv8>



Stick with what your child loves.

What hobbies or activities does your child love to do? – Playing at a park, reading books, physical activities, baking cookies? Remember, the key ingredient is YOU! Remind them how resilient they are.

<https://m.youtube.com/watch?v=0CAIFbp7oYw>



Art It Out!

Use art materials such as colors, paints, playdough to express feelings and encourage discussion.

Be present and understanding

Turn off the electronics and be fully present.
Set aside time to listen to your child's feelings and concerns.
Demonstrate kindness to yourself and others. <https://m.youtube.com/watch?v=enARNnEzwi4>



Keep a consistent routine

Keeping a steady daily routine helps children feel safe and secure. Consistent routines help children understand parenting expectations and help them look forward to their favorite parts of the day such bedtime stories.

Seek help when needed

Join an online parenting support group

Nueces Center MHID 24 Hour Crisis Hotline 1-888-767-4493

Coastal Plains Community Center Free 24 Hour Crisis Hotline at 1-800-841-6467

Texas Youth Helpline (Teens & Parents) Call: 1-800-989-6884 Text: 512-872-5777

Texas HHS COVID-19 Mental Health Support Line 1-833-986-1919

SAMHSA's Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

National Parent Helpline 1-855-427-2736 (Mon. thru Fri. 10 AM PST to 7 PM PST)

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

For additional resources in your specific area call 211
