



SIMPLE KID STEPS

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Co-regulation

Start co-regulating all that you can.

Be intentional. Realize that you have this power of your own regulation to help bring your child back. Understand you are a team. If you stay or work towards connection, that's the goal. Not trying to teach or correct or control. Just go back to connection as the core thing that will bring resolution the fastest and in the healthiest way for everyone.

Take a week. Start with a day.

Do this every single time you sense dysregulation.

Stop. You stop! I don't mean try to stop what's happening for you or your kids. Stop moving.

Take your child's hand, put it on your heart.

Put your hand on their heart.

Close your eyes and breath together.

You don't even have to say anything.

It's really best not to say anything.

This is all happening within and between your bodies, so let it and use this time to connect to it.

Bring your focus to the power of your body.

Bring your attention to yourself because that's what it needs.

Show it safety through presence.

Together you're doing this by connecting and providing co-regulation.

Wait for a sign. A sigh, a yawn.

These are signs of your body's energy moving back to regulation.

Open your eyes. You can hug. You can smile.

You can give each other a high five. Thank each other. Thank your body.

You're healing and rewiring your system as you build this foundation in them.

It's not convenient. It's not easy.

Yes you'd rather be doing something else, but it will transform your life.

It'll lessen the time spent during these times
and also how often they happen.

What matters are these moments.

This is really the only time it can happen.

You do this now and you won't do it forever.

This isn't just a skill.

This is what they'll always come back to as their core experience
in their body and in relationship.

They'll know what safety is in their body
and that's the ultimate gift you can give them.



DEFAULT STATE

Figure out what their default state is.

What yours is. See how your body usually reacts.

Do you fight?

Like yell or argue, or actually use body parts to try and protect yourself or at least have the feeling you want to?

Because you may have learned to suppress the energy of actually hitting someone, but all the times you've done that and not completed that stress cycle, it got stored in your body.

Do you flee? Do you run away?

I'm a fighter. Ily is a fighter.
Chloe defaults to flight, what we call a Voyager.

I'm going to give an example of what you can do if your child tends to shut down, run away, hides, stops talking, seems like they're not listening... and this is something you want to work on getting your fighter to be able to do, it's just harder for them.

Help them find their tears.

It's essentially helping them move their energy in the most natural way for kids.

With Chloe this is easy and I love it! Easy because she does it easily, but also because it's easy for me. Usually I don't seem to be dysregulated with Chloe compared to Ily. And I think it's because when Ily gets upset, she's yelling or fighting and that starts dysregulating my system even if I wasn't before.

It's easier to want to soothe or hold Chloe and understand a little more than with someone who is coming at you and being loud. And because she's a fighter, I get her. I understand the feeling and energy in her body. I do what she does. But it's still hard to be on the receiving end.

It's crazy because she is so sweet and quiet, but this is again biology and how her instincts come out to protect her. So really notice their state, it may not be what you think.



GET CURIOUS

Observe.

Be a detective.

Write everything down that happens in a day.

Do it long enough to see patterns in times,
in transitions, in environments.

Keep track of all sensory things.

Look for what's underneath behavior.

Find the triggers.



Start sharing what you've learned about the nervous system with your kids. Knowledge leads to awareness. When you can talk about it when everyone is connected and regulated, they'll be able to at least understand more when it's happening.

Point out it...looks like your body feels unsafe. Does it feel unsafe? Start bringing attention to their body. Their sensations. This will also let them know before what it feels like when their energy is building up.

SAFETY

BE THE SAFE SPACE

Your goal is to be a container where they feel safe and comfortable releasing their energy and expressing their emotions. The only thing you have to do is be present. You don't have to talk. It can be best not to. Don't judge or assume or try to fix or make it better or easier for them. Let their body do what it needs to. You're there just as the space holder.



NOURISH

I'm simply going to say that nutrition, hydration, sleep, and movement all matter and is a huge piece to regulation.

Kids that eat sugar and processed foods, with no rest or quality sleep and are sitting all day on a screen won't have a healthy nervous system.



RESTORE

This is the most misunderstood and missed step.

Restoring is not just doing something fun.

These are things that truly bring their body back to baseline.

You want practices in place that aren't just coping strategies in the moment. Coping is only short-term relief and leaves them more drained, tense and vulnerable to arousal.

Long term habits restore energy.
Routines with down time and rest and true calm. .

What helps them return to baseline will be different for every child. Child led play and Connection will ALWAYS help your child return to their baseline. Combining these, even for 10 minutes, is powerful. Set intentional space and time for restorative activities every day.

When you play or connect it needs to be authentic and child led. No conditions or agenda from you. It is about connection on their terms. What makes them feel most connected to you. Not how you feel. This isn't doing crafts or playing sports. These aren't simply activities that your child enjoys. They should leave your child feeling re-energized and rested when they complete them.

Some activities may leave them feeling drained and tired. Some may work one day and not the next. Keep experimenting until you find what works best. This can take some trial and error to get the balance right.



ROUTINE

PREPARATION

This isn't about structured schedules.

Routines give them a sense of security.

Their bodies know what to expect or at least aren't thrown into dysregulation from sudden or constant change.

Give them a heads up before transitions.

Tell them you're leaving the park in 5 minutes, so that's enough time to swing or do the slide 3 times.

**It's about creating safety as much as you can, when you can for their bodies.
Safety always equals regulation.**





Hi! I'm Jen. If you're new to my world, thank you for being here.
I'm glad you found me 😊 because I've got some really good stuff to share!

I'm here to help you understand attachment
so you can access your innate power to parent easily and effectively.
So you can get your child to full maturity without blame, shame, guilt, or regret.

I became a mother to Ily, then to Chloe and then a car hit my house 2 inches from her crib.
A portal opened to my healing and purpose and I'm here to share it with you!

I know that our nervous systems and attachment
are the most overlooked aspect of this entire human experience.
It's the absolute foundation to making it the most fulfilling and true to you life.
It fascinates me how they touch every part of who we are and who we can be.

My intention is to give you the knowledge so you can find what has been hidden or lost.
I will show you the way to your truth and power.
To be whole again and then raise your babies whole.

I hope we connect soon ♥

Love, Light + Healing, Jen

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