The Three Rs
Ways to support your child’s resilience

**Reassure**
Let child know they are safe. This could be said with words, hugs and safe spaces in the home.

**Return to Routine**
Routines for meals, bedtime, household schedules all help children to know what to expect.

**Regulate**
Skills to calm self: belly breathing, stretching, relaxation
Skills to name feelings: colors of emotions, words for feelings
Skills for managing emotions
The Three Rs

Ways to support your child’s resilience

**Reassure**
Let children know they are safe

- **Reflect for the child**, consider the world through a child’s eyes
  - hand on shoulder/back
  - hugs (if appropriate)
  - rubbing back
  - high fives

- **Touch for reassurance**:

- Create safe places within home:
  - a tent in bedroom
  - canopy over bed
  - own safe chair
  - weighted blankets

- **Remind child that they are safe**

**Return to Routine**
Let children know what to expect

- **Create routine charts or prompts**, depending on age:
  - bedtime
  - mealtime
  - homework
  - chores

- **Explain changes in the schedule ahead of time**

- **Set up routines for before & after schedule changes**:
  - read the same story
  - play the same game
  - eat the same meal

**Regulate**
Teach children to manage their emotions and behaviors

- **Teach relaxation techniques**:
  - tense and release of muscles
  - guided relaxation
  - belly breathing
  - yoga poses
  - stretching

- **In times of calm**:
  - play feelings charades — act out hungry, proud, disappointed, etc.
  - talk about where in the body child feels emotion — chest, stomach, head, etc.

- **Practice skills to use when child gets upset or angry**:
  - deep breathing
  - seek an adult
  - engage in active play

**View more resources at aap.org/TIC**