The Three Rs
Ways to support your child’s resilience

**Reassure**
Let child know they are safe. This should 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

[Image of a child and a parent hugging]
[Image of a child reading a book]
[Image of children meditating]
### The Three Rs

**Reassure**  
Let children know they are safe

- Remind child that they are safe
- Reflect for child, consider world through a child’s eyes
- Touch for reassurance:  
  - hand on shoulder/back
  - hugs (if appropriate)
  - rubbing back
  - high fives

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

### 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

---

**American Academy of Pediatrics**  
**Dedicated to the health of all children**

---

**PATTeRx**  
Pediatric Approach to Trauma, Treatment and Resilience