

# Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

## Remember the Three "R"s

### Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



### Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

### Reason



Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

Graphic Source: "The 3 R's from Dr. Bruce Perry," MLA Counseling Services,

<https://www.facebook.com/MariaArescoLCSW/photos/the-3-rs-from-dr-bruce-perry/1007843656284147/>