

# PARENT REGULATION

## cheat sheet

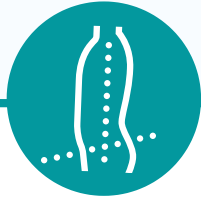
created by Elisha Bidwell, LMFT

Neurodevelopmental Play + Parenting | [ElishaBidwell.com](http://ElishaBidwell.com)

### POSTURE CHECK

How we sit or stand affects our mental wellness. Poor posture can activate the stress response, while better posture can increase feelings of wellness.

Lengthen your spine, and take stretch breaks throughout the day.



### SOFT FACE + SHOULDERS

Relaxing your facial muscles and shoulders will send messages to your nervous system that you are safe.

Using supportive touch, give yourself a face or shoulder massage, or simply try to relax held tension in those areas.



### TAKE SLOW, DEEP BREATHS

Slow, deep breaths turn on the relaxation response.

Sit up tall and take 5 slow, deep breaths into the belly, making the exhale longer than the inhale.



### VOCALIZATIONS

Singing, humming, and chanting can send cues of safety to your nervous system.

Use your voice to regulate your state by singing or humming a favorite melody.



### SELF-COMPASSION

Research shows that self-compassion regulates the nervous system. Show yourself kindness during a hard moment.

Recognize when you are struggling, and treat yourself the way you would treat a dear friend.



### CONNECTION

Our nervous systems settle when we feel seen, heard and understood.

If it's possible, join with a safe, regulated friend or loved one through eye contact, with tone of voice, and/or through touch to calm your nervous system.

