USING CALM TIME TO SUPPORT EMOTIONAL REGULATION

- It is what it says on the tin! Calm time is a strategy that you can use with your child to help them to calm down when they are upset and frustrated. When children are frustrated, they might act in ways that are harmful or destructive. Calm time encourages children to learn self-control and self-regulation.
- By having space to calm down, this helps children to be able to reach a calm state where they can learn, problem solve and manage their emotions more effectively.
- Research has shown that this strategy is effective in reducing the occurrence of behaviours that are inappropriate in children over three years old.

WHAT BEHAVIOURS WILL USE CALM TIME FOR?
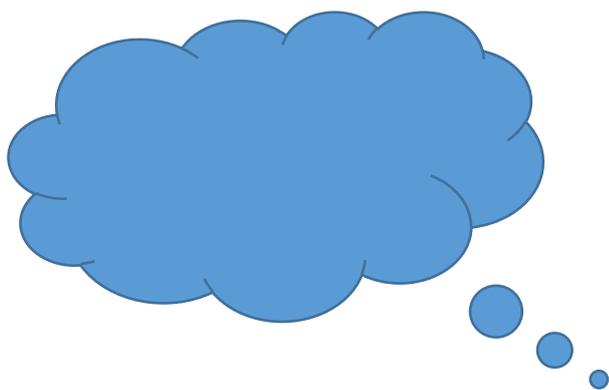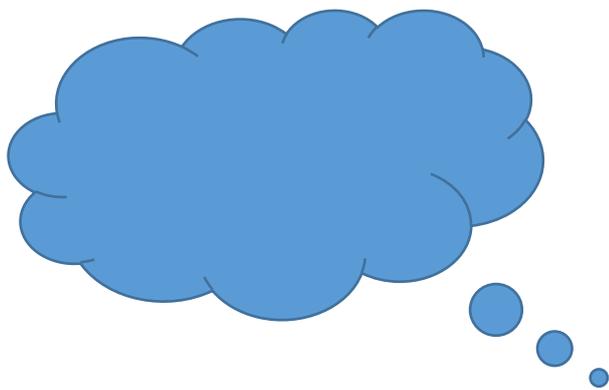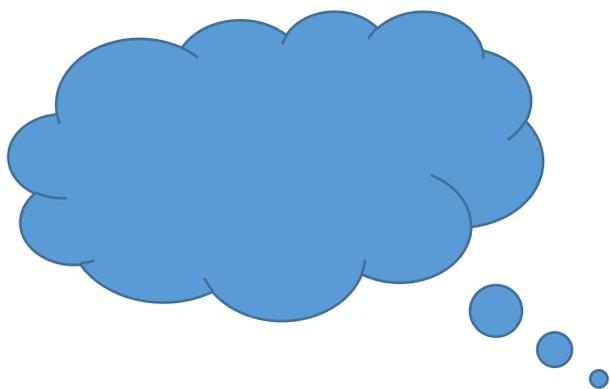
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DOING CALM TIME EFFECTIVELY

- *Give your child a clear warning before calm time, as this gives them the opportunity to make a choice*
- *Give a clear command to go to identified place for calm time*
- *Calm time should be kept brief – a rough guide is 1 minute for every year of their life, up to 5 minutes.*
- *Return your child to calm time if they leave the identified place*
- *You end calm time when your child is calm*
- *Praise your child for being calm and quiet*
- *Remember, do not revisit the reason for calm time. Focus on another activity, staying positive!*

Keeping calm

Exactly like withdrawing attention, using calm time can be difficult. Firstly, your child will have behaved in a way that may make you feel upset, frustrated or angry. Secondly, it can be hard to keep yourself calm when they are emotionally dysregulated. To help you respond calmly, and to cope when they are in calm time, it is important to think of strategies that you can use to help you when your child is in calm time. Use this sheet to help you think of alternative thoughts and self-talk to some of the difficult thoughts you might experience when your child has done something harmful and needs to go to calm time:

Difficult thoughts: My calming thoughts: