

Reassure

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



The Three **R**s

Ways to support your child's resilience

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

Reassure

Let children know they are safe



Remind child that they are safe

Reflect for the child, consider the 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



The Three **R**S Ways to support your child's resilience

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



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