



Part 3 | Chapter 3

Building Up My Child's Coping Muscle

REVIEW CHECKLIST

To increase my child's coping skills

- Do I help to prevent meltdowns by identifying my child's triggers, and do I teach him what they are?
- Do I teach my child more appropriate coping skills when she is calm?
- Am I fully present by giving my full attention, and listening carefully to my child?
- Do I reflect my child's words back to him to let him know I understood?
- Do I validate my child's feelings without judgment?
- Do I help my child make the connection between her emotions and how they manifest in her body?
- Do I actively engage my child in problem solving by brainstorming with him?
- Do I make my child aware of what she does to soothe herself, and do I encourage her to use these tactics when necessary?
- Do I know all the signals that tell me when my child is anxious or stressed?
- Have I collected enough data to detect a pattern in my child's behavior?
- Do I maintain a balanced sensory diet for my child?
- Do I identify my child's feelings with their cause, and do I name them all?
- Do I allow adequate time when my child has to transition from one activity to another?
- Do I manage my own emotions?