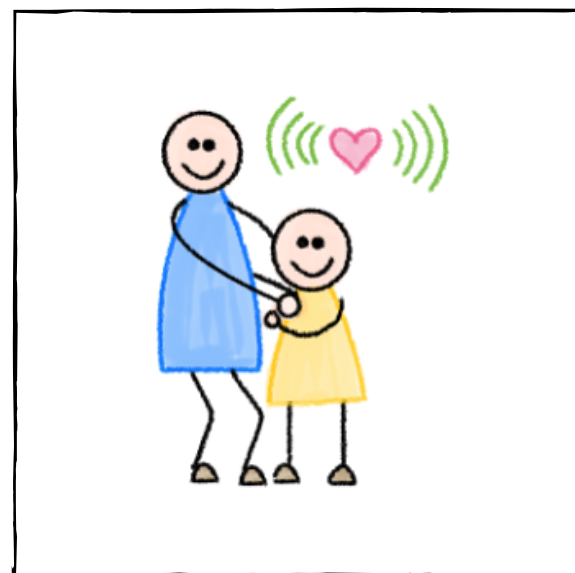
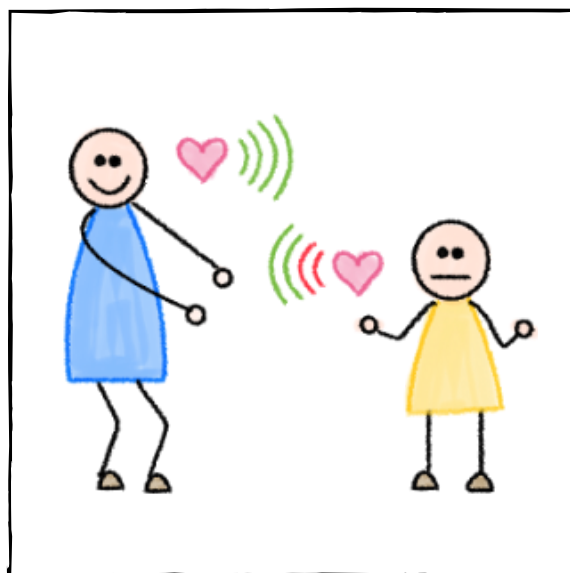
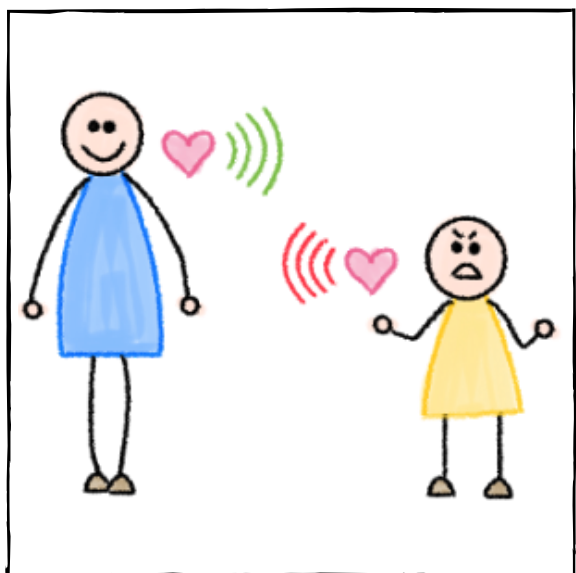
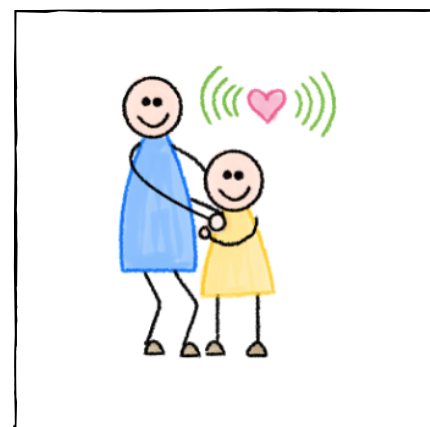
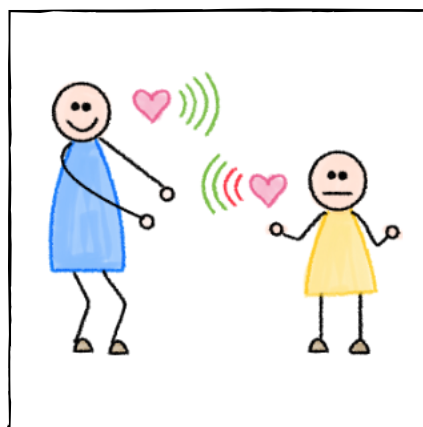
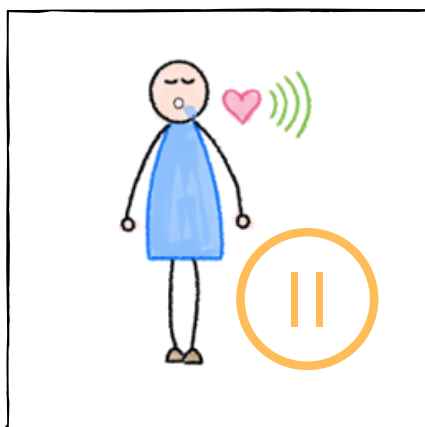
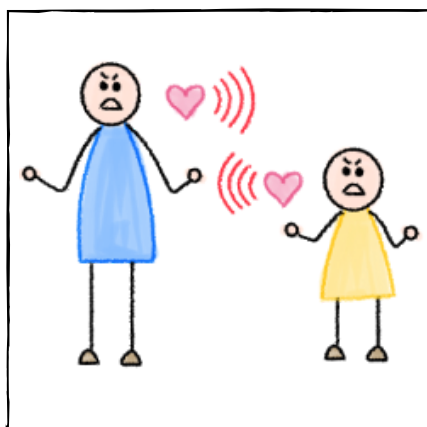


Emotional Wifi

Co-regulation: Lending your child your calm.



Press Pause: Notice your response. Stop and take a break if you need.



The Feelings Storm: Stress feeds stress and can increase stormy emotions.

