

When I Regulate Before Reacting

When I regulate before reacting, I teach my child:



1 Feelings are allowed without controlling behaviour



2 Strong emotions don't have to become scary actions



3 Pausing is a strength



4 We can choose what we do with a feeling



5 Safety can come before being right



♥ Feelings can be big without behaviour becoming unsafe. ♥

They're learning that emotions are something we can carry.
Not something we have to hand to someone else.

