

# CHILD *always* DYSREGULATED?

*Try This*



Notice your dysregulation and offer self-compassion.

Recognize your child's dysregulation and offer regulation support.

## TAKE A BREATH



Living with someone who is chronically dysregulated leaves us chronically dysregulated, so the first step is just to notice that. Notice how on edge you are. Notice how tired you are. Notice how afraid or angry you are.

You might be feeling a bit whiplashed. You've tried all the trauma-informed, brain-based parenting approaches, but they just AREN'T working! Your child is still aggressive, angry, won't get out of bed or highly anxious.



Send yourself as much self-compassion as you possibly can!

I am a good parent doing my best to support a child who is in a chronic stress response. This is hard!

## TAKE ANOTHER BREATH

And realize your child is stuck in a HIGH STATE OF AROUSAL and needs regulation support. This is hard because this feels like a reward, but it's not! We want support regulation.



**Pro Tip:**  
Just add water

## IT'S ABOUT REGULATION



Regulation support is not a reward but a way to help your child's nervous system.

Food, Drinks  
Movement



Every 2 hours!



Drinks and Hydration



Food & Snacks



Invite Movement



Stay close, offer co-regulation, and connection.



Offer structure, predictability, and routine for felt-safety.



**Pro Tip:**  
Add Lycra

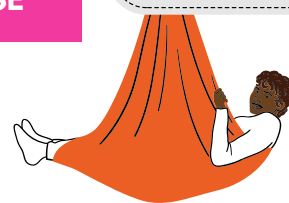
## Connection & Co-Regulation

Chronically dysregulated kids need as much support from someone else's regulated brain as possible. Your child might feel you sticking close as a punishment. But if you are genuinely doing it to offer co-regulation and support, do it anyway.



Structure  
Routine  
Predictability

as much as absolutely possible... in a way that offers felt-safety for your unique child.



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**Offer structure, predictability, and routine for felt-safety.**

**Stay close, offer co-regulation, and connection.**

Feed them. Water them. Move them.