

BUILD REPLACEMENT SKILLS

(A USEFUL ADDITION TO SUPPORTIVE CONVERSATIONS AT HOME)



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STEP 1: SUPPORT SELF AWARENESS

Objective: To help children recognise when they begin to feel overwhelmed, dysregulated, or emotionally flooded - often through internal signs before behaviours become visible.

Notice: Work together to identify early signs of discomfort or stress. These signs can look different for every child. Some children may notice feeling warm, restless, overwhelmed by noise, frustrated quickly, or uncomfortable in their body or surroundings.

Discuss: Use calm conversations to explore what these feelings might mean. Helping children build language around emotions and body sensations can support self-understanding, regulation, and communication over time.

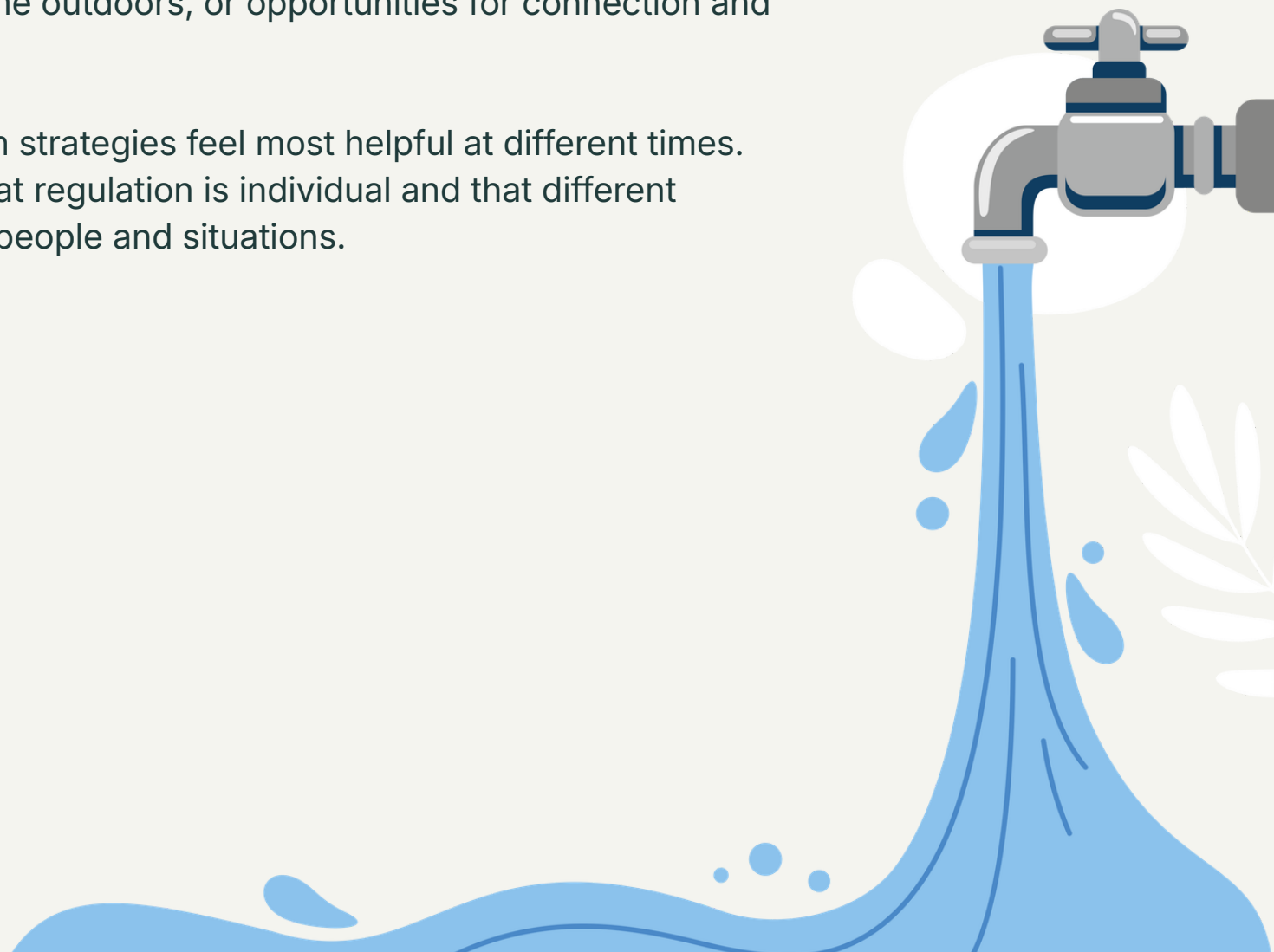


STEP 2: SHARE PREVENTATIVE RESPONSES

Objective: To help children develop practical strategies that support regulation and reduce escalation or emotional overwhelm.

Rehearse: Practice supportive strategies together during calmer moments so children become more confident using them when needed. Helpful strategies may include cold water on wrists, crunchy or sour snacks, movement, wall presses, finger breathing, sensory tools, time outdoors, or opportunities for connection and rest.

Review: Talk together about which strategies feel most helpful at different times. Support children to understand that regulation is individual and that different responses may work for different people and situations.

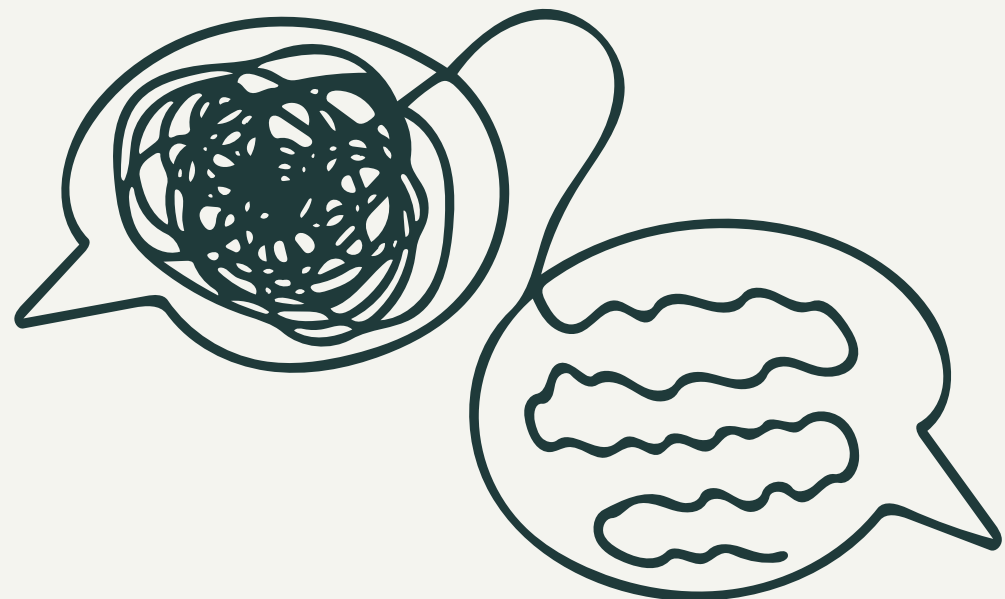


STEP 3: DEVELOP UNDERSTANDING

Objective: To build understanding, confidence, and emotionally safe responses within family life.

Learn: Behaviour is often communication before it is choice. Children and young people are growing up in a world shaped by increased stimulation, pressure, reduced rest, and constant connection. Understanding the biology of behaviour can help us respond with curiosity, safety, and support rather than shame or punishment. There are some excellent insights in *The Dose Effect* by TJ Power and *The Anxious Generation* by Jonathan Haidt that explore how modern life can impact regulation, wellbeing, and relationships.

Facilitate: Create regular opportunities for calm conversations about emotions, regulation, wellbeing, and what helps each family member feel safe, connected, and supported.



STEP 4: NOTICE IMPACT

Objective: To build confidence, connection, and emotionally safe relationships over time.

Notice: When children begin developing replacement skills, families often notice children becoming more able to ask for help, recover more quickly from overwhelm, communicate their needs, and show growing self-awareness.

Share: Notice and acknowledge progress in ways that feel genuine and meaningful. Small moments of growth matter. Building confidence, connection, and intrinsic motivation over time helps children feel safer, more understood, and more able to thrive.



Supporting children through
connection, understanding, and
emotionally safe responses.

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