

### How can you help your child with using the Zones of Regulation at home?

Following on from introducing the Zones of Regulations at school, as mentioned in a previous newsletter, here are a few tips that might be helpful to support your child at home.

- Model and identify our own feelings using the zones language in front of your child (e.g. I'm feeling frustrated. I think I am in the yellow zone). If they are ready, expand this to provide a reason e.g. I am frustrated because....
- Observe your child's behaviour and try to use strategies when they are showing signs of being in the YELLOW ZONE, to catch it before they move to the red zone.
- Practice calming strategies when your child is in the green zone. This may include doing some breathing exercises/sensory activities throughout their day.
- At times, wonder which zone your child is in or discuss which character in a film or book is e.g. You look sleepy. Are you in the blue zone?
- Show how their behaviour is affecting your zone. For example, if they are in the green zone, you could comment that their behaviour is also helping you feel happy/green zone.
- Put up and reference the attached Zones of Regulation in your home to refer to and check in regularly with.
- Have specific calming activities and toys to hand for times when needed.