

# THE 3 Rs

## A PRACTICAL TOOL TO HELP PARENTS HELP CHILDREN

### REGULATE

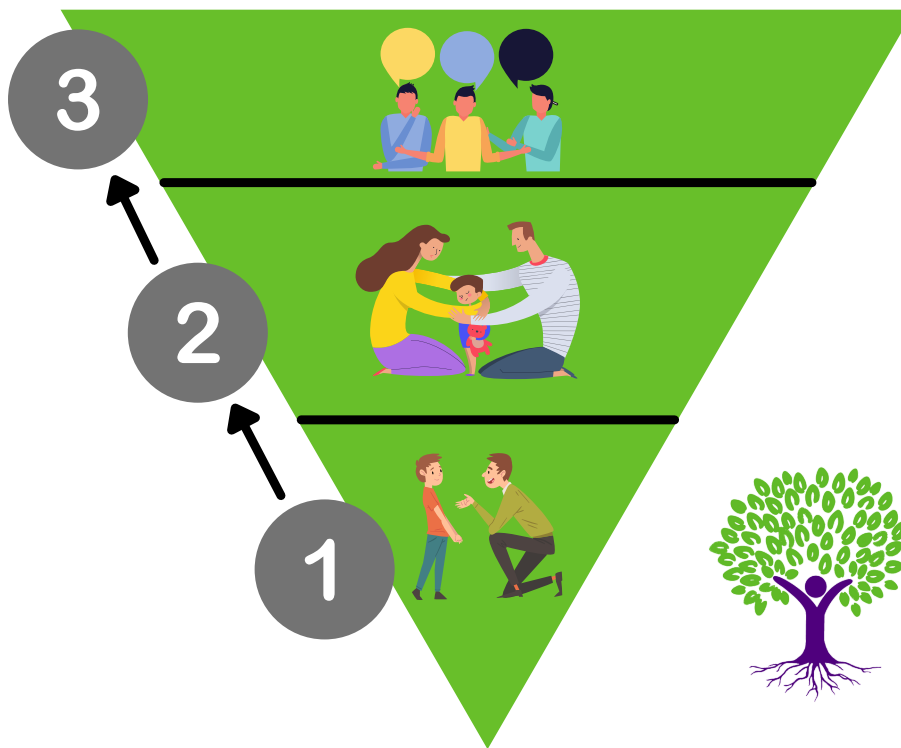
Stress brings a pattern of responses from the lower brain including breathing, heart rate and blood pressure. Child may appear agitated, explosive, jumpy or frozen. Child needs help in calming down or moving out of this response. Use soothing but limited language, provide a safe space, step back and allow for child to process.

### RELATE

An adult needs to connect with the child enough for the child to start to feel safe again. Adult can use calm, limited, sensitive language, acknowledging how the child feels and how "this feeling" must be hard for them.

### REASON

Adult and child can figure out how to move forward. Adult can help child to reflect, learn, remember, articulate, and self-regulate emotions. Teaching the child the language of emotions and strategies for self-regulation.



#### 1ST R

We must help the child to regulate and calm their fight/flight/freeze responses

#### 2ND R

We must relate and connect with the child through an attuned and sensitive relationship.

#### 3RD R

We can support the child to reflect, learn, remember, articulate and become self-assured

"The 3 R's" concept and tool was created by Dr. Bruce Perry - [www.bdperry.com](http://www.bdperry.com)

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