




Thrive Newsletter

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Sometimes, it's really hard to stay calm when your child is dysregulated. However, as a parent or carer it is important that you are the one who remains calm and doesn't join the chaos.

What an Angry Child Needs to Hear

That you are there, and you won't go away.

That you want her life to be good.

That you see that this is hard.

That you are going to stay with her while it's hard.

That no matter how she feels, you care.

That things can get better—today can be a good day.

That you want to be with her, even when she feels her worst.

