

Tips for families: Slow, Low, Low

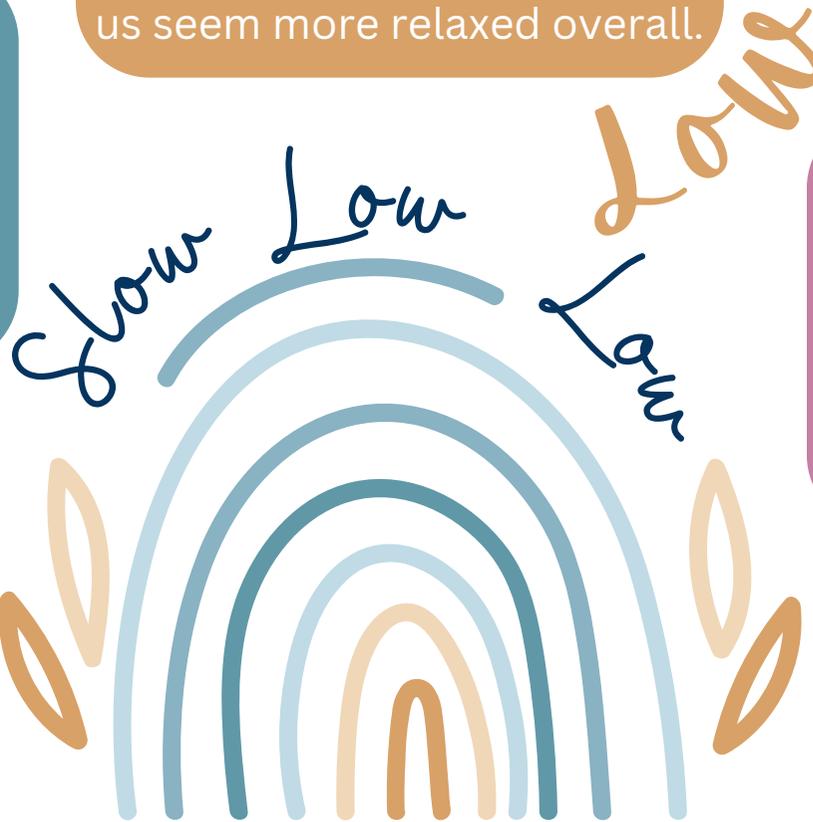
Why not try 'Slow, Low, Low' when getting ready for school in the morning?

Speak in a low volume to help children stay regulated and calm. When we lower our voice, we actually relax our throat and jaw muscles making us seem more relaxed overall.



slow

Slow down when you are talking so that children can listen and understand. Give any instructions in simple steps and repeat if needed.



Keep your tone low and your voice calm (even if you don't feel it). Keep conversations light and up beat, focusing on the positives.

Low

When we talk to children, we say a lot without even speaking. Our face, tone and actions can communicate thoughts and feelings. Try 'Slow, Low, Low' and see if it helps with your conversations at home.