

Regulation Support Menu

for Classrooms

Regulation First Parenting™ Tools Teachers Can Use Before Correction

Dysregulated behavior is a sign of **nervous system overload**, not a lack of motivation or respect. When the brain is stressed, learning and self-control are not accessible.

This Regulation Support Menu reflects **Regulation First Parenting™**, Dr. Roseann's brain-based approach that starts with calming the nervous system so teaching can actually work.

Regulate. Connect. Correct.



How to Use This Menu

- Offer **1–2 options**, not all of them
- Let the student choose when possible
- Use supports **before** redirection or consequences
- Calm the body first, then guide behavior

Regulation Support Menu

Body-Based Regulation

(Helps calm the nervous system through movement or pressure)

- Movement break or hallway walk
- Wall push-ups or chair push-ins
- Stretching or yoga pose
- Carrying books or heavy work
- Fidget or resistance band



Breath & Sensory Regulation

(Helps slow breathing and reduce sensory overload)

- Visual breathing card or cue
- Quiet corner or low-stimulation space
- Headphones or reduced noise
- Dimmed lights or visual break
- Calm sensory item

Co-Regulation Supports

(Helps the student borrow calm from an adult)

- Calm adult presence nearby
- Reduced language or silence
- Sitting beside a regulated adult
- One-step directions only
- Predictable routine reminder



Transition Supports

(Helps the nervous system shift between tasks)

- Countdown or visual timer
- Transition warning before change
- First/Then visual
- Short break before next demand
- Choice between two tasks

When to Redirect

Redirection works best **after regulation**.

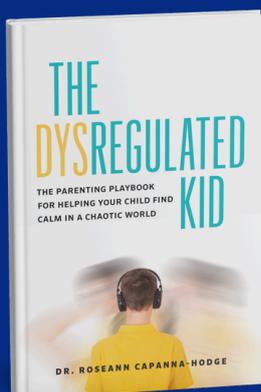
Signs a student is ready:

- Body appears calmer
- Voice is steady
- Able to engage
- Can follow a simple direction



Important Reminder

Regulation supports are not rewards or accommodations for bad behavior. They are **tools that help the brain feel safe enough to learn**.



Helpful Resource for Parents & Educators

The Dysregulated Kid expands on Regulation First Parenting™ and offers practical guidance for supporting nervous system regulation at home and at school.

- **Dr. Roseann**