

REPAIR OVER REPRIMAND™ GUIDE

Rethinking What Regulation Looks Like

When a child is dysregulated, correction rarely works.

Why? Because a dysregulated brain can't access logic, learning, or self-control.

Real behavior change happens when we repair the connection first.

REGULATE



CONNECT

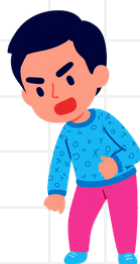


CORRECT

1 NOTICE THE SIGNAL (NOT JUST THE BEHAVIOR)

What you see:

- Yelling or arguing
- Refusing directions
- Crying or meltdown
- Shutting down
- Hitting, kicking, throwing
- Impulsive or hyper behavior



What it may mean:

- Overwhelmed nervous system
- Stress response (fight, flight, freeze)
- Unmet sensory or emotional need
- Difficulty with transitions
- Brain stuck in survival mode



2 PAUSE BEFORE YOU RESPOND

Instead of immediate correction, try:

- Slow your voice
- Lower your body to their level
- Soften facial expression
- Reduce stimulation (noise, lights, people)
- Pause expectations temporarily



3 CO-REGULATE FIRST

Your calm nervous system helps regulate your child's.

Try:

- Sit nearby quietly
- Offer a hug or safe touch
- Breathe slowly together
- Suggest movement (walk, stretch, jump)
- Provide sensory support (fidget, squeeze, heavy work)
- Offer water or snack



4 REPAIR THE CONNECTION

Connection restores safety in the brain.

Helpful scripts:

- "That was a hard moment."
- "Your brain got overwhelmed."
- "I'm here to help you calm your body."
- "Let's reset together."
- "We can figure this out."



5 THEN GUIDE THE BEHAVIOR

Once your child is calm:

- Discuss what happened
- Teach the skill needed
- Practice a better response
- Plan for the next situation

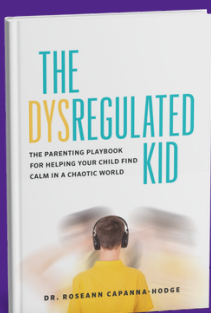


REMEMBER

Connection calms the nervous system.

A calm brain can learn.

Repair makes correction possible.



Want to understand what's really driving your child's behavior?

In **The Dysregulated Kid**, Dr. Roseann shows parents how to calm the brain first so behavior, focus, and emotional regulation can finally improve.

[LEARN MORE HERE](#)