

Parallel Process

Feelings expressed by the child echo the same feelings in you:

<u>When the child is:</u>	<u>I Feel...</u>	<u>Intervention</u>
angry	<i>frustrated</i>	de-escalation
scared	<i>worried</i>	reassurance
tired	<i>depleted</i>	resources
overwhelmed	<i>stressed</i>	structure
hopeless	<i>ineffective</i>	encouragement
withdrawn	<i>sad</i>	contact