

**Brief Overview:**

Aware of strategies to help children become regulated while de-escalating crises; aware of strategies to help children return to a calm state and keep children who are dysregulated safe while also keeping family members safe; aware of strategies to help children and families feel physically and psychologically safe; understand the importance of partnering with other professionals and entities around a crisis.

**Knowledge Competencies:**

- Define strategies that can be used to calm children who are escalated.
- Explain ways to make children feel physically and psychologically safe.
- Understand how dysregulated children are reacting from a place of fear with a fight, flight and/or freeze response.
- Understand how one's own psychological and physiological reactions impact one's ability to intervene effectively in a crisis.
- Recognize signs of a child who is moving toward dysregulation and know strategies to employ to prevent further escalation.

**Attitude Competencies:**

- Committed to parent children who may have episodes of extreme dysregulation and/or crisis.
- Willing to learn techniques to keep oneself regulated even during crisis.

**Target Audience:**

This right time theme is applicable to parents who are fostering or adopting that are not related, kinship caregivers, and foster and adoptive parents who are American Indian Alaska Native, and parents who have adopted private domestically or via the intercountry process.