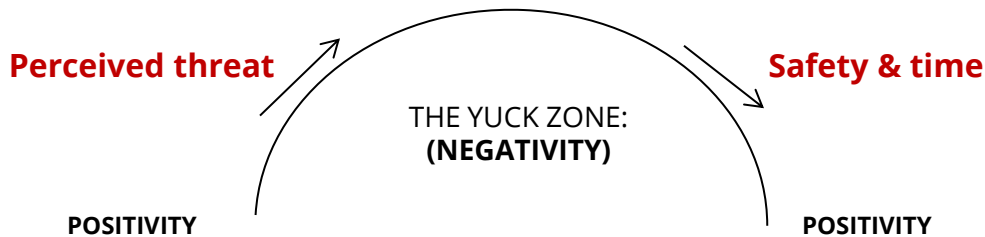


The 4R Response Method PLAN

RESPOND **EFFECTIVELY**

To respond effectively, **address YOUR Yuck**
and then help them address THEIR Yuck so they can feel/act better.



Recognize Yuck and take different action

Signal to pause:

Action to take:

- ☐ Breathe
- ☐ Physical strategy:
- ☐ Cognitive strategy:
- ☐ Other:

When I feel _____,
then I will regulate by _____.

I will NOT _____.

Address Your Yuck



Address Their Yuck

Help **THEM** regulate

- ☐ I will see them by:
- ☐ I will teach them by:
- ☐ I will push them to round the Yuck Curve by

and instead of getting sucked in, I will _____.

When my child _____,
then I will _____
(and continue to regulate myself by _____).