

# Emotional Regulation for the Whole Family

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# Setting Expectations

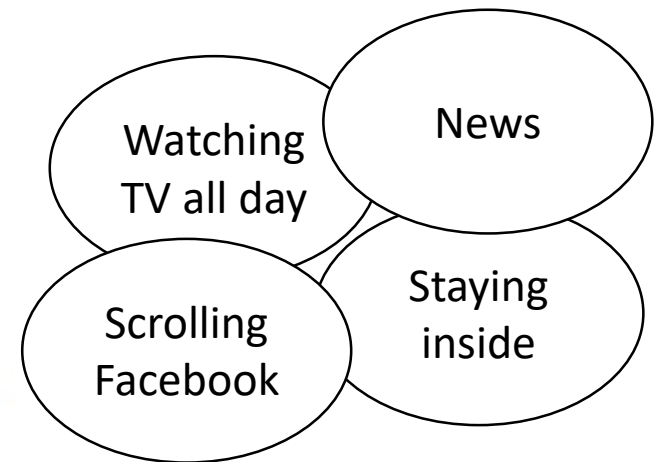
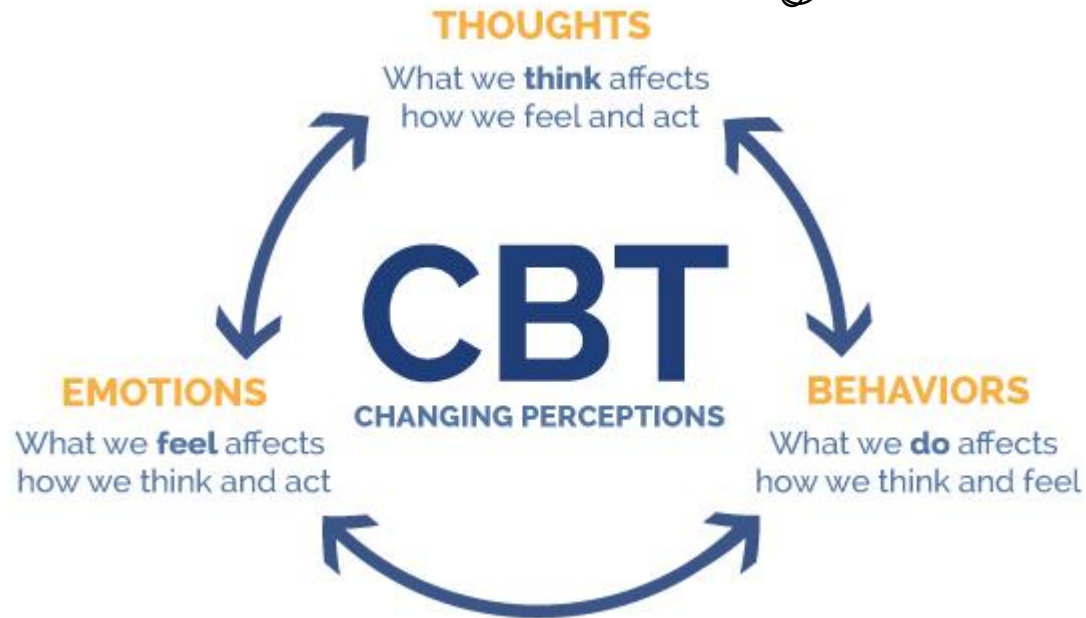
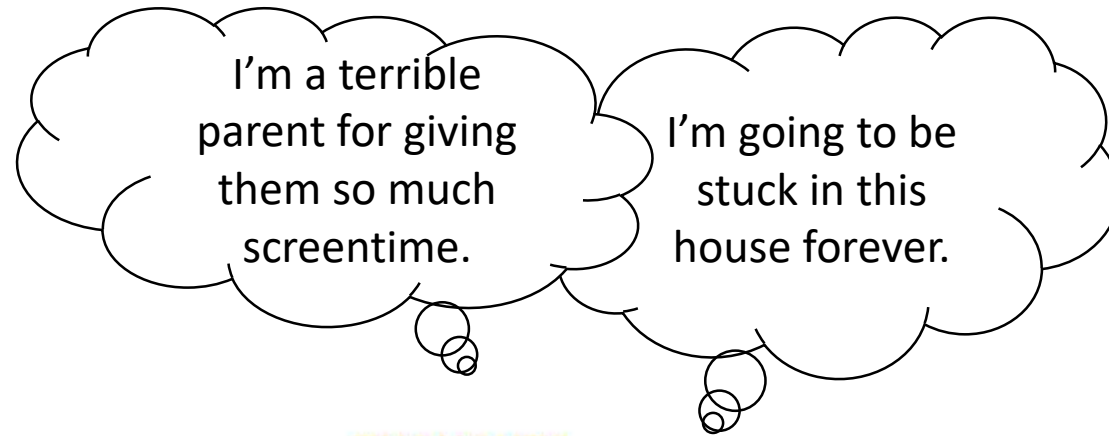
- COVID: ***Unprecedented*** for you and your child
  - So much is unknown- from small daily routines to longer term events
  - The unknown causes anxiety for everyone, but especially people with ASD and their families
- TRUTH: It's going to be different, it's going to be hard. BUT you can get through it.

# Setting Expectations

- Parenting expectations:
  - The “good enough” parent
    - I won’t be perfect. My child won’t be perfect. But we both can be “good enough”.
  - Let’s be reasonable.
    - What is reasonable to accomplish each day?
    - What isn’t a battle we need to pick?
- You can’t replicate all of your child’s therapy and IEP goals.
  - Do what you can, and its going to be ok.
  - Priority is ***quality of life***.

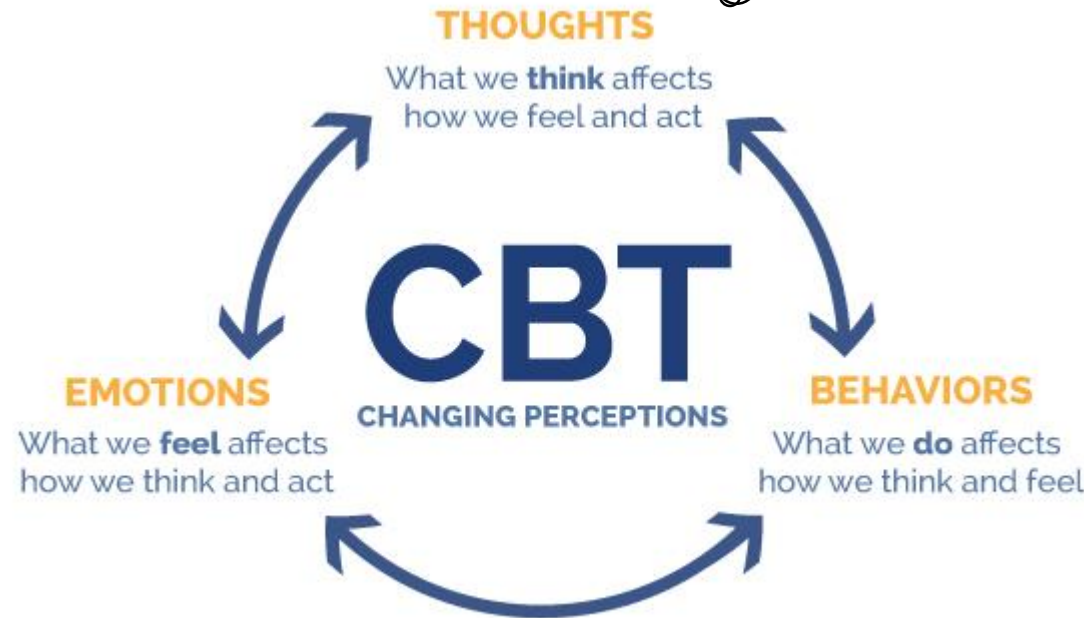
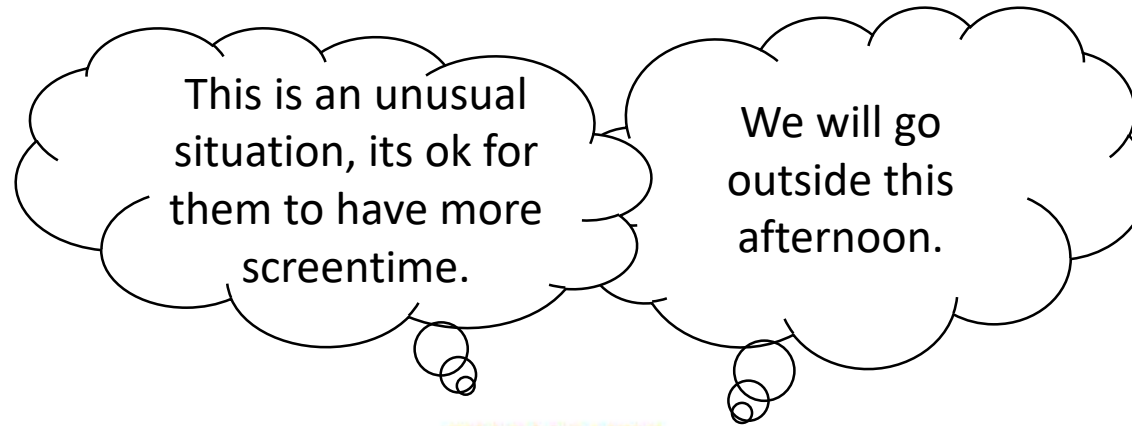
# Cognitive Behavioral Therapy

Image from: [Thrivetreatment.com](http://Thrivetreatment.com)



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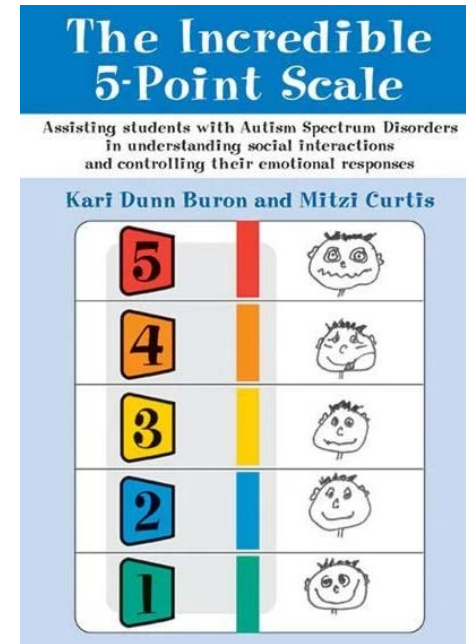


# Thoughts-Feelings-Behavior

- Is this thought realistic or helpful?
- What behavior would make us feel happier?

# Acceptance and listening

- We don't need to change our feelings.
- REFLECT and IDENTIFY emotions.
  - REFLECT:
    - You must be sad that you can't \_\_\_\_.
    - You're right, that is sad, and it is unfair.
  - IDENTIFY:
    - Practice emotion identification- throughout the day, not just when upset
    - 5 point scale <https://www.5pointscale.com/>
    - **Model:** I'm feeling sad that I can't go see my sister.



# Acceptance and listening

- Behavior is communication.
- What are they missing at school, that their behavior is trying to replace?
  - Bored → Depression, frustration
  - Hungry → Don't know what else to do
  - Clingy → anxious



# Specific coping strategies

- Routine (I know.)
- Limit news. Turn off electronics 45 min before bed.



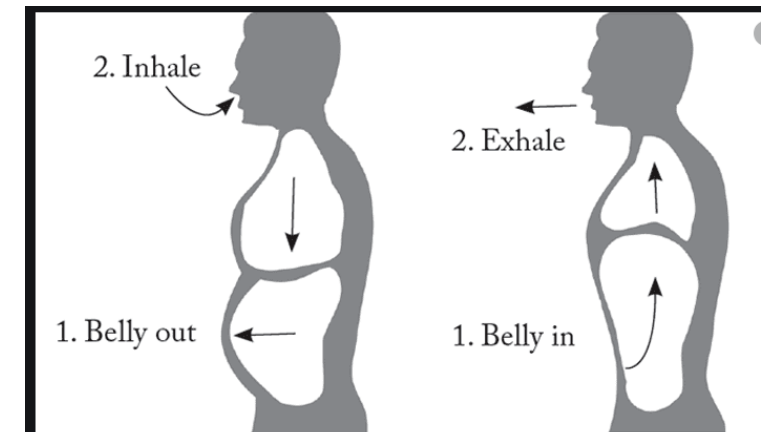
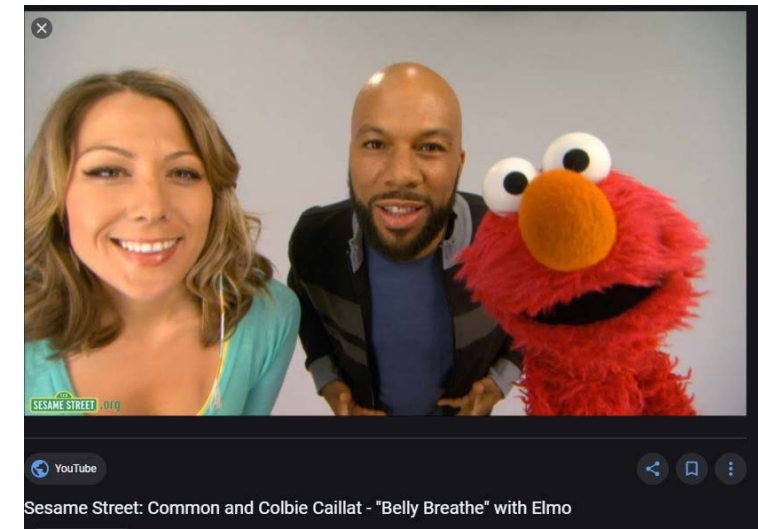
# Specific coping strategies

- Worry time or worry box
  - For kids (or adults) who constantly worry, set a time of day for worry time.
    - During worry time, talk about (or write down) all the worries you can,
    - Focus on your worries for 10 minutes.
    - If worries pop up at other times of the day, save it for worry time.
  - For children, it can help to write down their worries on a piece of paper and put it in a box.
    - At worry time, review the worry thoughts and talk about it together.
    - Don't do worry time close to bedtime.



# Specific coping strategies

- Belly breathing
  - Place one hand on your chest, one hand on your belly.
  - Take a deep breath in through your nose, pushing your belly out
  - Exhale through your mouth S.L.O.W.L.Y., feel your belly go in.
  - Practice daily when calm.
- Modeling coping
  - Say throughout the day, “I’m going to take some big deep breaths.”



# Specific coping strategies

- Meditation and mindfulness.
  - Mindful moment.
  - Close your eyes.
  - Focus on your breath.
  - Listen: what is the smallest sound you hear?



# Taking Care of Others

- Need for control
- Build in choices
- Let kids be the “teacher” or the “baby”
- Give a stuffed animal or doll to take care of, especially at bedtime.



# Gratitude and Benefit Finding

- Finding benefits
- Set aside time for talk about the week's highs/lows
- You can feel two ways about COVID:
  - It's bad that people are sick.
  - It's bad that I can't go to school.
  - It's good that I don't have tests.
  - It's good that I play with my pets more.



# Resources from our center

The screenshot shows the YouTube channel for Kansas LEND, which has 4 subscribers. The navigation menu includes HOME, VIDEOS, PLAYLISTS, CHANNELS, and DISCUSSION. Under the 'Uploads' section, three videos are featured:

- Helping Your Preschool-age Child Cope**: 8 views • 1 week ago. Video duration: 3:22.
- Coping using Mindfulness and Grounding**: 7 views • 1 week ago. Video duration: 3:32.
- Supporting Yourself and Your Child During COVID-19**: 14 views • 1 week ago. Video duration: 2:19.

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## Resources for Supporting Your Child with ASD during coronavirus Pandemic



## Telehealth ROCKS

Rural Outreach for the Children of Kansas

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