

# Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



## Managing Big Feelings

### Kalia Helps Jack with Big Feelings (age 3)

#### Before:

Jack would melt down when it was time to stop playing or when things didn't go his way. Transitions were especially hard. He'd fuss, throw toys, or refuse to move. His mother, Kalia, felt overwhelmed and embarrassed.

#### Now:

With small shifts at home and lots of practice, Jack is learning to breathe deeply, use feeling words, and calm himself with music or his cozy blanket.



### What Helped Kalia and Jack

	Kalia modeled self-regulation by saying out loud, "I'm feeling frustrated so I'm going to take a deep breath."
	Kalia and Jack used cute picture books and feeling charts to talk about emotions such as mad, sad, and happy.
	Jack learned belly breathing, squeezed playdough, or listened to a soft playlist to calm down. Kalia also noticed pressure hugs helped when he was upset.
	When Jack used his words instead of fussing, Kalia made sure to say, "I saw how calm you stayed. Awesome."

Try one small change this week! Ask yourself:

- Do I model calm behavior when I'm upset?
- Have I talked about emotions using books, faces, or charts?
- What sensory tools help my keiki reset?
- Are there calming spaces or routines in our day?
- How can I point out when my keiki self-regulates?



# RESOURCES AND MATERIALS



## **Weighted Stuffed Animal**

Gentle, deep pressure from weighted stuffed animals can help keiki feel calm and relaxed.



## **Musical Instruments**

Rhythmic beats are beneficial in supporting self-regulation skills by helping keiki express emotions and relieve stress.



The TED logo, consisting of the word "TED" in white capital letters on a red circular background.

## **TED Talk**

Clinical psychologist and renowned parenting whisperer Becky Kennedy shares practical advice to help parents manage their not-so-great moments.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.