

When Nothing Works

Growing Brains Through Regulation, Connection & Boundaries



1. The Big Idea

We aren't building people — we're growing brains. Big behaviors often mean a child is overwhelmed, missing a skill, or needing support.



2. Behavior Is Communication

- Look underneath the behavior.
- Ask: What is my child trying to communicate, avoid, access, or regulate?
- Curiosity helps more than control.

3. In the Hard Moment

1



Regulate —

Stay calm, say less, create safety.

2



Connect —

Name the feeling and let your child know you're with them.

3



Limit —

Hold the boundary kindly: "I won't let you hit."

4



Teach Later —

Problem-solve after the nervous system settles.

5



Repair —

Reconnect, practice, and try again.



4. Strategies That Help Brains Grow

- Co-regulation before correction
- Logical consequences after calm
- Choices inside the boundary
- Short moments of child-led connection
- Notice small wins and progress



5. Remember

Progress may look like shorter meltdowns, safer bodies, more words, faster recovery, and easier repair — not perfection.



The goal is not control. The goal is helping your child grow a brain and body that can recover, communicate, and try again.



CALMING COMMUNITIES
COUNSELING & WELLNESS