



Part 3 | Chapter 2

My Child's Coping Ability

REVIEW CHECKLIST

For helping my child cope

- Do I look for ways to prevent my child from going into “fight or flight” mode?
- Do I adjust my child's environment as needed to reduce known triggers?
- Do I teach my child functional coping skills?
- If so, do I wait for my child's body and brain to be calm and available to learn before I teach?