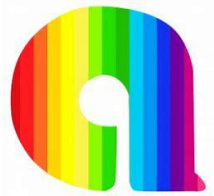


AVALON AUTISM PARENTAL SUPPORT & RESPIRE

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AFTER THE STORM

Supporting yourself emotionally after Challenging Behaviour

Below are some gentle grounding questions to help you process what you go through as a parent after your child have experienced a difficult moment.

This isn't about doing more -It's about noticing, honouring your feelings and giving yourself the same compassion you give your child.

- How do I feel now that the situation has passed?
- What physical sensations/emotions am I holding onto? (e.g. tension, exhaustion, sadness, guilt)
- Did I feel triggered, overwhelmed or helpless at any point?
- What helped me get through the moment? What might help next time?
- Can I name one thing I did well, even if it felt messy?
- What would I say to a friend who had just gone through the same thing? Can I say that to myself too?

Looking after your Nervous System

- Have I had a chance to pause and breath deeply since the incident?
- Would it help to step outside, stretch, drink some water or do something that calms my body?
- Can I take 5 minutes for myself – even if it just to sit, listen to music and do nothing?
- Is there someone I can this with, just to feel heard?

Gentle Support Ideas (Pick what feels right)

- Say to yourself: “That was hard, and I did my best”
- Using a grounding technique like 5-4-3-2-1 or slow breathing
- Make a cuppa and give yourself permission to sit down
- Write down your thoughts or voice-note them
- Wrap yourself in a cosy blanket – comfort matters
- Remind yourself: This moment does not define me as a parent

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Staying connected to yourself

- What do I need right now? Rest? Reassurance? Reconnection?
- Can I let go of any unkind thoughts I am having about myself?
- How can I bring even a small amount of joy, humour or calm into the rest of my day?

You are not alone. Your feelings matter too. Parenting through challenging behaviour can be tough, but you are doing it with courage and love, even if it doesn't always feel that way.