



BE HAPPY

SET YOUR CHILD UP FOR SUCCESS

The University of Texas at Tyler School of Medicine



Children often experience big emotions when they are **tired, hungry, transitioning between activities, or outside of their normal routine**. Parents can help prevent challenging moments by planning ahead and supporting regulation before stress escalates.



ADDRESS BIOLOGICAL NEEDS

What to do:

- Check when your child last ate or rested
- Offer a snack, drink, or rest/nap when needed
- Adjust timing for meals or bedtime if your child is consistently dysregulated at certain times



GIVE HEADS UP ABOUT TRANSITIONS

What to do:

- Give advance warnings: 10 minutes, 5 minutes, and 1 minute
- Use clear transition statements like: "When you finish this game level, then we will eat dinner."



TALK ABOUT CHANGES IN ROUTINE

What to do:

- Explain changes ahead of time in simple language
- Review what the day will look like step-by-step
- Use visual schedules for younger children or big changes in routine



MANAGE STIMULATION

What to do:

- Notice if your child seems overstimulated or distracted
- Reduce noise, clutter, or activity level
- Move to a calmer space when needed (e.g., from bedroom with toys to kitchen table for shoe routine)