

Regulation Before Reason

Help capacity return before expecting reflection.

Stress can make familiar thinking and communication skills harder to use. When the moment is heated, adding words may add pressure. Create enough capacity for the conversation, then return to the expectation.

FOUR MOVES TO TRY

01 Settle your own pace

Lower your voice and use fewer words.

02 Reduce the load

Address safety and choose one manageable next step.

03 Reconnect

Stay present and offer a safe choice when appropriate.

04 Return to learning

When the person can participate, discuss what happened and practice repair.

TWO WAYS TO APPLY IT

YOUNGER CHILD

During a difficult transition, pause and offer one simple next step before explaining the whole plan.

TEENAGER

After an argument, allow a defined pause, then return to the boundary and a practical conversation.

COACH THE CAREGIVER

Model a short response, then rehearse when the caregiver will return to the expectation.

TRY IT THIS WEEK

Notice a moment when you are about to explain more. Shorten your response and revisit the issue after capacity returns.

REFLECTION

Do my words help the person think, or add pressure before they are ready?

SAFETY AND PRACTICE

Act immediately when safety requires it. Regulation supports later accountability; it does not replace it.

AUTHORSHIP AND CONTEXT

Dr. Charles Pemberton, Ed.D., developed the original Clinical Perspectives materials for the FITT team while serving as Clinical Program Director at Omni Family of Services. This website adaptation is for general education; it does not state current Omni or FITT policy. Publication rights review is pending.