

# How to Stay Regulated as a Parent During Discipline

## A Practical Guide for Parents of Neurodivergent Children

Discipline moments can escalate quickly—especially when parenting neurodivergent children. This guide focuses on how to regulate your own nervous system so you can respond rather than react.

### **1. Notice Early Signs**

- Tension in your body
- Irritability or urgency
- Thoughts like “they’re doing this on purpose”

### **2. Slow the Moment**

- Pause before responding
- Take one slow breath
- Lower your voice

### **3. Shift to Containment**

- “I’m here.”
- “I won’t let you hurt me.”
- Focus on safety, not control

### **4. Use Your Body**

- Soften tone and posture
- Move slowly
- Reduce physical intensity

### **5. Let Go of Immediate Compliance**

- Focus on regulation first
- Return to expectations later

## **6. Use Fewer Words**

- Keep phrases short
- Avoid lecturing
- Use calm repetition

## **7. Repair After**

- Acknowledge your reaction
- Model accountability
- Rebuild connection

## **8. Build Regulation Daily**

- Take small breaks
- Prioritize rest
- Notice what restores you

## ***A Different Goal for Discipline***

Instead of focusing on compliance, focus on staying grounded enough to guide your child. Your regulation shapes the emotional environment your child learns from.

This guide is for educational purposes and is not a substitute for therapy. Consider working with a neurodiversity-affirming therapist for individualized support.