

[Resources & Sources from the presentation](#)

[Local resource bank](#)

Conscious Discipline

This site is a primary resource for many of the techniques mentioned in the presentation, such as "S.T.A.R." (Smile, Take a deep breath, and Relax) and the "Feeling Buddies" system.

- Holiday Specifics: Their guide, "Staying Present During the Holiday Season," covers the four elements of connection: presence, eye contact, gentle touch, and playfulness.
- Active Calming offers free printable tools for "Brain Breaks" and self-regulation techniques, such as belly breathing.
- Website: consciousdiscipline.com
- Safe Place Breathing Icons: A PDF featuring the four core breathing techniques: S.T.A.R. (Smile, Take a deep breath, and Relax), Balloon, Pretzel, and Drain.
- Breathing Choice Cards: A memory game that helps kids practice these calming strategies while they are already calm, making the skills easier to access during a holiday meltdown.
- Free Digital Toolkit: Includes over 200 resources, such as "Shubert Extension Activities" (stories for kids) and "Discipline Tips" for parents.
- Website: consciousdiscipline.com/resources
- [Website: zonesofregulation.com/free-downloads](http://zonesofregulation.com/free-downloads)

Conscious Discipline (Free Toolkit): Provides "Routine Cards" and visual markers to help children transition through their daily tasks, reducing the "survival mode" response.

- Link: consciousdiscipline.com/free-resources

The Zones of Regulation (Downloadables): Offers visual aids to help children identify their current "Zone" (Blue, Green, Yellow, or Red) before starting a scheduled activity.

- Link: zonesofregulation.com/free-downloads

Autism Little Learners: Specializes in "Social Stories" and visual schedules for the holidays, with a focus on bright lights and loud noises.

- Link: autismlittlelearners.com/visual-supports

Huberman Lab

As noted in the presentation, this resource provides the neurobiological foundation for mastering stress.

- Stress Protocols: Access specific science-backed protocols for managing short-term (acute) stress and building long-term resilience.
- Nervous System Regulation: Deep dives into how sunlight, breathing, and movement influence cortisol and emotional intelligence.
- Website: hubermanlab.com

Huberman Lab: Neurobiology Protocols

- The Physiological Sigh Protocol: A specific science-backed breathing technique (double inhale followed by a long exhale) to quickly rebalance the nervous system in real-time.
- 7-Step Stress Protocol: Insights on how morning sunlight, specific nutrients, and sleep schedules can raise a child's (and parent's) stress threshold.
- Website: hubermanlab.com/essentials

The Zones of Regulation

This framework helps children (and adults) categorize their complex emotions into four colored zones, providing a common language for self-regulation.

- Tools for Home/School: Offers a curriculum designed to foster emotional, behavioral, and sensory management.
- Website: zonesofregulation.com

PX Docs / Simply Psychology

- HPA Axis for Kids: Clear explanations of how the "command center" in a child's brain initiates the stress response and how it affects their growth and immune system.

- Websites: pxdocs.com | simplypsychology.org

Practical Daily Support

Raising Children Network

A comprehensive hub for developmental strategies, explicitly focusing on self-regulation and managing tantrums or overstimulation.

- Age-Specific Guides: Tailored strategies for toddlers, preschoolers, and teenagers to handle emotional outbursts.
- Website: raisingchildren.net.au

CHOC Children's Health Hub

Focuses on the nutritional strategies highlighted in the presentation, such as stabilizing mood through balanced meals.

- Stress Busters: Provides guides on "anti-inflammatory" foods and involves children in meal preparation to reduce anxiety.
- Website: health.choc.org

CHOC Children's: Nutrition & Tradition Guides

- Healthy Holiday Traditions PDF: A guide for families on scaling down gift-giving and involving kids in "intangible gifts" like helping with chores to reduce seasonal pressure.
- Nutrition Stress Busters: Handouts explaining "anti-inflammatory" foods (like Omega-3s) and how to involve children in meal prep to give them a sense of control.
- Website: health.choc.org

ACEs Aware

Offers "Stress Buster" handouts for both professionals and parents, covering mindfulness, quality sleep, and supportive relationships.

- Website: acesaware.org

ACEs Aware: "Stress Buster" Handouts

These handouts are designed specifically for parents and caregivers to manage both their own and their children's stress.

- Mindfulness Practices Handout: Tips for 2- to 10-minute daily activities that can lower blood pressure and improve mental health.

- Stress Busters Overview: A complete set of handouts (English and Spanish) covering the seven pillars of resilience: supportive relationships, sleep, nutrition, physical activity, mindfulness, nature, and mental healthcare.
- Website: acesaware.org/managestress

Morning: Setting the Foundation

- Maintain Routine: Keep consistent wake-up and sleep schedules to help children feel safe.
- Visual Check-In: Use a visual schedule to help children anticipate the day's events and minimize unexpected changes.
- Balanced Nutrition: Serve a breakfast with complex carbohydrates and Omega-3s to help stabilize mood throughout the day.

Mid-Day: Managing the Landscape

- Sensory Awareness: Be mindful of bright lights and loud noises that can trigger physiological dysregulation.
- The "Pre-Game" Practice: Before heading to a holiday event, practice breathing or regulation steps during a calm moment.
- Hydration & Low Sugar: Limit irregular sugar and caffeine intake to prevent emotional spikes and crashes.

During Events: Real-Time Regulation

- Check for Stress Signals: Watch for physical signs, such as stomach aches, and emotional indicators, such as increased irritability.
- The Reset Button: If a child seems frantic, perform "Belly Breathing" together—slowly "smell the gingerbread" and "blow out the holiday candle".
- Use the Quiet Corner: If stress levels are high, move to a "boring" room away from the music and lights for 5 minutes.

Evening: Reflection & Recovery

- Empathetic Listening: Use "Back-to-Back" or "Face-to-Face" communication to listen to the child's experiences without judgment.
- Validate Emotions: Acknowledge that their reactions are survival responses to stress, not intentional misbehavior.
- Gratitude Circle: End the day by sharing a moment of gratitude to help center the family and promote resilience.

Caregiver Reminder

- Manage Your Own Stress: Remember that your stress can chemically trigger your child's response; practicing self-regulation helps both of you.