

Home Edition:

# Feeling Buddies for Families™






















## QUICK START GUIDE

Congratulations on taking the next step toward improving the emotional wellbeing of your family. This Quick Start Guide is your roadmap to navigate the exclusive *Feeling Buddies for Families Toolkit*, including video coaching.

### START HERE:

## Exclusive Video Coaching for Parents

The Home Edition: *Feeling Buddies for Families Toolkit* includes online video coaching with Dr. Becky Bailey to help you put the *Feeling Buddies* into action in your family.

			
 <p><b>WATCH</b></p> <p>Session 1: Introduction to the <i>Feeling Buddies for Families Toolkit</i></p>	 <p><b>WATCH</b></p> <p>Session 2: What's Included in Your Toolkit</p>  <p><b>UNPACK</b></p> <p>Your <i>Feeling Buddies for Families Toolkit</i></p>	 <p><b>WATCH</b></p> <p>Session 3: Managing Emotional Mayhem</p>  <p><b>READ</b></p> <p><i>Managing Emotional Mayhem</i> by Dr. Becky Bailey</p>	 <p><b>WATCH</b></p> <p>Session 4: Learning the Breathing Techniques</p>  <p><b>DOWNLOAD</b></p> <p>The Safe Place™ Breathing Icons</p>
			
 <p><b>WATCH</b></p> <p>Session 5: Setting Up Your Safe Place</p>  <p><b>DOWNLOADS</b></p> <p>Feeling Faces 5 Steps to Self Regulation Icons Breathing Star Template</p>	 <p><b>WATCH</b></p> <p>Session 6: How to Use the <i>Feeling Buddies</i>®</p>  <p><b>DOWNLOADS</b></p> <p>The 4Bs of Self-Regulation Building Relationship through Conflict</p>	 <p><b>PRACTICE</b></p> <p>Now it's up to you! Guide your child to use their <i>Feeling Buddies</i> and Safe Place when they experience emotional upset.</p> <p>Remember - transformation doesn't happen overnight. Consistency is the key to affecting change for good.</p>	 <p><b>WATCH</b></p> <p>Frequently Asked Questions about <i>Feeling Buddies for Families</i>.</p> <p>You'll also find links to additional FAQs that address common behavioral challenges.</p>

### Important Note:

Be sure to complete the video coaching and read *Managing Emotional Mayhem* before introducing the *Feeling Buddies for Families Toolkit* to your child. Doing so encourages correct usage and helps your child see each resource as a tool instead of a toy.

[FeelingBuddies.com](https://FeelingBuddies.com)