

Speaking Body Alarm™ Together

A Family Guide

One Book. One Shared Language. Countless Better Conversations.

Now that you've met Bailey's Body Alarm, you have a new way to talk about what might be happening underneath your child's or grandchild's big reactions.

Because when a child's Body Alarm starts getting louder, **our response becomes part of what happens next.**

We can accidentally add more pressure to an already overwhelmed nervous system. Or we can respond in ways that support safety, connection, and autonomy.

The goal isn't to get a child back to calm as quickly as possible.

It's to get curious about what their Body Alarm might be communicating and respond with understanding instead of correction.

Over time, that shared language can help a child understand their own reactions with more curiosity and less shame.



Meet the Body Alarm™

In Bailey's story, her Body Alarm moves from **Calm** → **Buzzing** → **Blaring**. Your child's alarm may look completely different.

CALM

Bailey feels warm and comfortable inside.

Calm doesn't mean quiet, still, happy, or compliant. It simply means the nervous system isn't sounding an alarm right now.

BUZZING

Bailey notices a buzzy feeling as her alarm begins getting louder.

For another child, you might notice more movement or silliness, arguing or negotiating, going quiet, avoiding, or suddenly struggling with something they usually can do.

BLARING

Bailey's alarm eventually becomes so loud that she can't do what the grown-ups are asking of her.

Blaring can look big on the outside: yelling, running, hitting, throwing, or crying.

But it can also look like freezing, hiding, shutting down, becoming very still, or having trouble speaking or responding.



These are clues, not labels.

We can't always know what's happening inside another person. The goal is to notice with curiosity, not decide for the child what their Body Alarm is doing.

What does your child's Body Alarm seem to look like?

When the Body Alarm™ Gets Louder

A child can be completely **capable** of doing something and still not have the **capacity** to do it in that moment.

For PDA children, the Body Alarm can be especially sensitive to a **perceived loss of autonomy, equality, or control**. Something that seems small or reasonable to an adult can feel very different to their nervous system.

And sometimes, we simply won't know exactly what set the alarm off.

As the Body Alarm gets louder, access to flexible thinking, language, problem-solving, and everyday skills can become harder.

That's our cue to do less, not more.

DROP DEMANDS

What can wait?

STOP TALKING

More words can become more pressure.

REDUCE PRESSURE

Look for expectations, urgency, or interaction you can temporarily remove.

SLOW DOWN

Give their nervous system time without requiring an immediate response.

When the alarm is blaring, this generally isn't the time to correct, discipline, teach, reason, or ask for an explanation.

Felt safety comes first.

Speaking Body Alarm™ Together

The words we use can add pressure or make a little more room. Try noticing, wondering, and staying curious.

Instead of this → Try this

"Calm down."	"I'll be right here."
"Why are you acting like this?"	"I wonder what your Body Alarm is trying to tell us."
"You need to..."	"I'm curious how we'll..."
"Your Body Alarm is blaring."	"I'm noticing things seem harder right now."

Keep the Conversation Going

Body Alarm works best when the important people in a child's life share the language. Parents, grandparents, siblings, babysitters, and other trusted adults can all learn to notice with curiosity instead of correction.

Invitations, Not Assignments

You can leave the Bailey coloring page or *Meet Your Body Alarm* activity out for your child to discover, with no expectation that they use it.

If it sparks curiosity or conversation, wonderful. If it doesn't, that's okay too.

Think of these as invitations, not assignments. Offer them when your child seems receptive, without pressure to participate.

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The goal isn't a child who stays Calm. It's a child surrounded by people who understand their Body Alarm differently.

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