

## Transcript of Video/Audio Clips-Kids Regressive Behavior

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**“So some other regressions might also be extreme on the other end of that – having those tantrums, having that breakdown, not being able to get back into the swing of daily and normal routine.” (:16)**

**“You’re also going to see irrational thinking or a lot of difficulty processing what’s actually going on in our environment.” (:10)**

**“When we have all the inconsistencies and the unknowns about how the environment outside of our homes is looking, that is one thing we can implement within our homes – keeping that consistency with our structure and our routine so that we have that sense of security and stabilization for our kiddos during this timeframe.” (:21)**

**“That can be done with progressive muscle relaxation. That can be done with deep breathing. That can be done with grounding exercises just to make sure we’re staying in the here and now. What are some things we’re seeing around us? And when we’re doing those things, it’s a great time to also be bonding with our children.” (:19)**

**“Even though we’ve had holidays before, we’ve had school before, we’ve gone to the doctor before, we’ve done all of these things – everything right now as we transition back, as we transition into the ‘new,’ it’s a new experience and it’s full of new expectations for them.” (:18)**