

# NAME IT • FRAME IT • CLAIM IT

3 simple steps to turn over-emotion into resilience.



## How to use:

### 1.) Always start with empathetic connection.

Describe the feeling you see, and reach them through that feeling, not the behavior you dislike.

### 2.) Add meaning.

Once connected, show the logic behind the emotion; after you've lent your regulation and empathy, it's time to build understanding.

### 3.) Model calm connection.

Share the experience, then guide it toward reconnection.

If you practice it regularly, this flow becomes second nature. You will learn how to maintain an authoritative approach even during crises, which will deepen connection, cooperation, and your kiddo's emotional resilience.

## Why we use it:

Based on Dr. Dan Siegel's principle, "Name it to tame it," this method combines neuroscience and attachment theory in a way any caretaker can use.

When we name what a child feels, we help their brain organize the storm and with some patience, their thinking side will turn back on, and the feeling side starts to calm. When we frame what's happening, we teach that emotions can make sense, and they don't have to take over. And when we claim it as their grown-ups, sharing our own calm, we show them what self-regulation looks like in real time. Instead of punishing emotion and dysregulation, this approach demonstrates how to move through it.

Every step of the formula mirrors a layer of the **Celestial Bond Method's** inner architecture. When these layers work in sequence, the child's nervous system experiences harmony between emotion, thought, and behavior. They don't just "calm down"; they develop emotional fluency. The result is a self who can feel deeply without being ruled by feeling, who can act in their various signs' light expression - balancing both confidence and compassion.