

# WholeFlow *For Families*



Supporting regulation, communication, and  
connection — at every age

# *You're not doing anything wrong.*

If you're here, it's likely because you're supporting someone — a child, a teenager, or an adult — who experiences big emotions, overwhelm, shutdowns, or behaviours that feel hard to understand.

You might be:

- Feeling unsure how to respond in emotional moments
- Tired of advice that doesn't fit your family
- Wondering if you're missing something
- Trying your best while carrying a lot

WholeFlow™ exists to offer calm, practical support — without judgement, pressure, or unrealistic expectations.

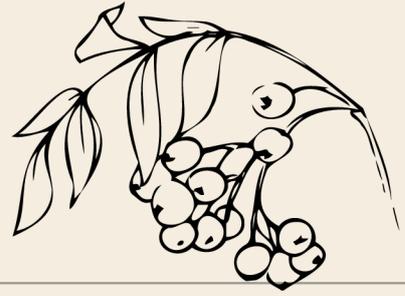
This is not about being a “perfect” parent or caregiver.

It's about understanding what's happening underneath behaviour, and having tools that feel doable in real life.

*Madeline*



# The Basics



## What is WholeFlow™?

WholeFlow™ is a strengths-based framework and collection of resources designed to support emotional regulation, communication, and connection in everyday life.

WholeFlow™ is used by:

- Families
- Caregivers
- Support workers
- Educators
- Therapists

Across:

- Homes
- Community settings
- Support sessions

Rather than focusing on stopping behaviour, WholeFlow™ focuses on understanding it.

## What WholeFlow™ Believes

WholeFlow™ is guided by a few simple but powerful ideas:

### **Behaviour is communication**

All behaviour tells us something — about needs, emotions, stress, safety, or capacity.

### **Regulation comes before problem-solving**

When someone is overwhelmed or dysregulated, they cannot reason, reflect, or “learn a lesson.”

### **Emotional safety matters at every age**

Children, teens, and adults all need to feel safe to express themselves.

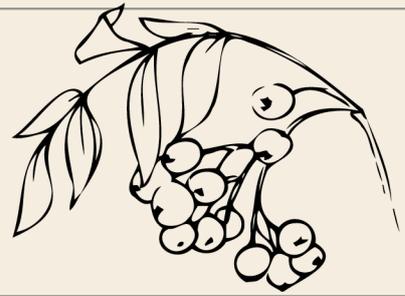
### **Tools should adapt to the person**

People don't need to fit the tool — the tool should fit the person.

### **Connection builds capacity**

Supportive relationships are the foundation for growth, learning, and resilience.

# The Basics



## Who WholeFlow™ Is For

WholeFlow™ supports:

- Parents and caregivers
- Foster and kinship carers
- Families navigating disability or additional needs
- Neurodivergent individuals and families
- Teens and adults building emotional awareness
- Support workers working with families

If you're supporting a human — WholeFlow™ is for you

## How Families Use WholeFlow™

WholeFlow™ resources are designed to be used flexibly and gently.

Families use them:

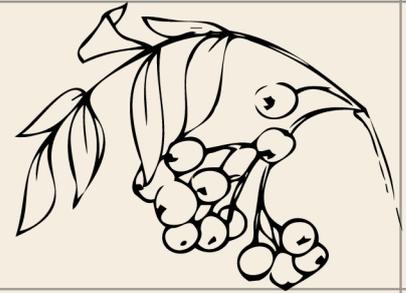
- During emotional moments (meltdowns, shutdowns, overwhelm)
- To support communication when words are hard
- To navigate transitions (school, outings, sleep, change)
- To build emotional language and awareness
- To support regulation before addressing behaviour
- As shared tools across home and support settings

There is no “right” way to use WholeFlow™.

You take what fits — and leave what doesn't.



# The Basics



## What You'll Find in WholeFlow™ Resources

Depending on the resource, you may find:

- Visual supports
- Communication frameworks
- Regulation strategies
- Reflection tools
- Strengths-based language
- Identity and emotional awareness supports

All resources are designed to:

- Be respectful
- Be accessible
- Be adaptable across ages
- Reduce shame and blame
- Support understanding, not control

## About the Creator

Hi, I'm Madeline.

I'm an early childhood educator with a deep passion for emotional wellbeing, inclusive practice, and supporting people to feel safe and understood.

WholeFlow™ was created from years of observing, reflecting, and asking: "There has to be a better way."

Every resource is created with care, intention, and deep respect for the complexity of human behaviour — at every age.



# A Gentle Reminder



You don't need to fix everything.

You don't need to respond perfectly.

You don't need to have all the answers.

Sometimes support looks like:

- Slowing down
- Sitting alongside
- Offering choice
- Giving space
- Naming feelings
- Reducing demands

WholeFlow™ exists to walk beside you —  
not tell you what to



# Get in Touch

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