C.A.R.E.S.

Steps Provided in Any Order & Often Simultaneously

Picture Icon		Emotion Regulation Skill	How & Why Use This Skill?
	С	Come In	 Move your body physically close to child Make movements calm and slow By moving closer child sees you are present and available to them Increases child sense of reliability with the caregiver
	Α	Assist Child	 Help child problem solve current issue Establishes early teaching experiences Perform with child versus do it for child Example: (child) starts to fuss when unable to sort toy (parent) slowly turns toy while child remains holding toy to show placement in toy sort
	R	Reassure Child	 Creates opportunity for increased trust Verbal statement child will be taken care of by caregiver Example: (parent) "It's ok, Mommy/Daddy is here." (parent) "I've got you, you're alright."
	E	Emotional Validation	 Label child's feeling being expressed Creates sense of understanding & support Helps to build emotional vocabulary Example (parent) "I know it's sad/frustrating when" (parent) "You're proud/happy because"
	S	Soothe (voice/touch)	 Provides sense of safety & security Gives physical cues everything is ok Model for child relaxed & calm demeanor Example (parent) Give cuddle to child or soft caress (parent) Use quiet, lulling tone of voice

Provide **REDIRECTION** after C.A.R.E.S.

Use toys with sounds for distraction	Move to different area/location
Note if child tired, hungry, wet and address	Increase facial and verbal animation

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	С	Check Cognitions, Clue into Yourself	 Before beginning special time with your toddler recognize: your thoughts/reason why you are spending time together the feelings you bring into play how your body language demonstrates your current style of engagement 	
	A	Assist Self	 If not emotionally ready for play implement relaxation techniques to help refocus energy: deep breathing quick shower progressive muscle relaxation call to supportive system 	
0.00	R	Reassure Self	 Parenting presents challenges and no one technique works for all children therefore use: positive self-talk remind yourself of tender moments had foresee future events that will take place with your child bringing joy 	
	E	Emotional Awareness	 Toddlers and babies are remarkably good at sensing emotions. They seem to track and respond to stress. Special time allows for fun and connection to be experienced when we engage in play with positive thoughts and emotions. 	
	S	Sensitive & Soothing	• Similar to using a soothing voice with your toddler, be kind and sensitive to yourself in how you reassure yourself and the tone of your own self-talk. Remind yourself learning is a process of trial and error, plotting and adjusting courses as you go.	
The more EMOTIONAL REGULATION we can create in ourselves the greater the benefit to our children.				