## Vitalxchange for **ChildCare Providers Co-Regulation**

7-step process for childcare providers to support a child's emotional regulation and help them navigate a challenging situation.

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### 01 Model Calm

Check your own energy. You want to model calm for them.

#### **Emotional** Identification Help them identify their

03

feeling: labeling the feeling helps build the child's emotional vocabulary.



### Physical Comfort

02

A gentle pat on the back or a hug serves a dual purpose: comfort & reinforcing a loving & stable relationship. Ask first.

# Emphathize & Validate

Show understanding and acknowledge the child's feelings.

## 05

### Soothing **Activities**

Ex. breathing activities, sensory play, quiet reading, breathing, soft music, cozy corner, artistic expression.



Solving Help the child identify and work through solutions to challenges.

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### **Identify Any Unmet Needs**

These may include sensory needs, hunger, fatigue, etc.