

Responding in Hot Moments

Center yourself

Manage what you are thinking and feeling by:

- taking a few deep breaths.
- slowing down and calming your body.
- giving yourself a pep talk.

*"I've gotten through this before."
"I can still try X, Y, and Z."
"I can handle this moment."*



Connect & Calm

Try directly comforting or soothing the child by:

- singing or humming.
- picking up and rocking.
- comforting verbally.
- modeling self-regulation.

*"I can see that you might be mad.
Let's take deep breaths together
and we can try again."*

Try managing the child's environment by:

- dimming the lights.
- moving to a new room or outside for fresh air.
- moving to a new activity.



For young children with a history of trauma

Their cues about their need for co-regulation may be unclear or they may actively reject your attempts to co-regulate.

You may need to make many attempts at co-regulation before feeling successful.

Over time, your sensitive, consistent responses will allow the child to rely on you for co-regulation.

