
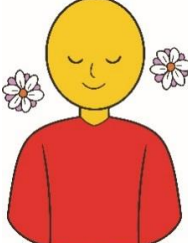

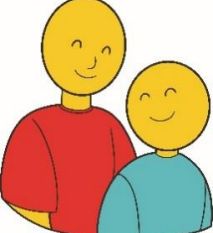
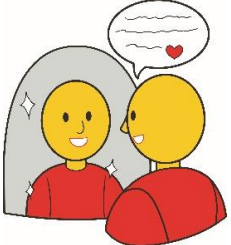




# PCIT-T: Emotion Regulation for Adults

## C.A.R.E.S.

Steps Provided in Any Order & Often Simultaneously

Picture Icon		Emotion Regulation	How & Why Use This Skill?
	<b>C</b>	<b>Check Cognitions, Clue into Yourself</b>	<ul style="list-style-type: none"> <li>• Before beginning special time with your toddler recognize:               <ul style="list-style-type: none"> <li>○ your thoughts/reason why you are spending time together</li> <li>○ the feelings you bring into play</li> <li>○ how your body language demonstrates your current style of engagement</li> </ul> </li> </ul>
	<b>A</b>	<b>Assist Self</b>	<ul style="list-style-type: none"> <li>• If not emotionally ready for play implement relaxation techniques to help refocus energy:               <ul style="list-style-type: none"> <li>○ deep breathing</li> <li>○ quick shower</li> <li>○ progressive muscle relaxation</li> <li>○ call to supportive system</li> </ul> </li> </ul>
	<b>R</b>	<b>Reassure Self</b>	<ul style="list-style-type: none"> <li>• Parenting presents challenges and no one technique works for all children therefore use:               <ul style="list-style-type: none"> <li>○ positive self-talk</li> <li>○ remind yourself of tender moments had</li> <li>○ foresee future events that will take place with your child bringing joy</li> </ul> </li> </ul>
	<b>E</b>	<b>Emotional Awareness</b>	<ul style="list-style-type: none"> <li>• Toddlers and babies are remarkably good at sensing emotions. They seem to track and respond to stress.</li> <li>• Special time allows for fun and connection to be experienced when we engage in play with positive thoughts and emotions.</li> </ul>
	<b>S</b>	<b>Sensitive &amp; Soothing</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

The more **EMOTIONAL REGULATION** we can create in ourselves the greater the benefit to our children.