

# Build Your Own 5 Cs Plan



Check the items that you want to try. Write your own plan at the bottom. We also provided some examples/suggestions to help give you some ideas.

## CONNECTION

- Play
- Read/Tell them stories
- Label feelings
- Talk to them
- Other \_\_\_\_\_

- Let them take the lead in play.
- Narrate what you see them doing.
- Read book or tell them a story

## CONSISTENT RULES AND ROUTINES

- Create a routine for the morning, meals or bedtime
- Post rules or routines where everyone can see them
- Find a fun song or visuals that can remind everyone of the routine and rules
- Other \_\_\_\_\_

- Some sample bedtime rules:
  - We stay in our bed
  - We are still and quiet
  - We close our eyes
- When possible, practice a new routine, like brushing teeth before putting on pajamas.

## CLEAR INSTRUCTIONS

- Get their attention
- Keep directions simple
- Tell them what you want them to do, not what you want them to stop doing
- Other \_\_\_\_\_

- "Pick up all of the toys that are on the floor and put them in the bin."
- "I want you to put your socks on."
- "Sit on the brown chair and wait for me."

## CO-REGULATION AND COPING

- Practice a calming skill together like deep breathing or mindfulness
- Share your coping skills
- Other \_\_\_\_\_

- “Let’s take a moment to take a big breath like we’re going to blow out candles!”
- “Mommy was frustrated so she asked for a hug and now feels better.”

## CARING FOR YOURSELF

- Brainstorm ways to reduce your stress.
- Come up with 1 or 2 things that you could do for 10 minutes this week that would bring you joy.

- Is there someone who can help you transport kids?
- Spend a few minutes crafting, taking a walk, calling a friend or journaling.

What will you try first?

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How will you try it this week?

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