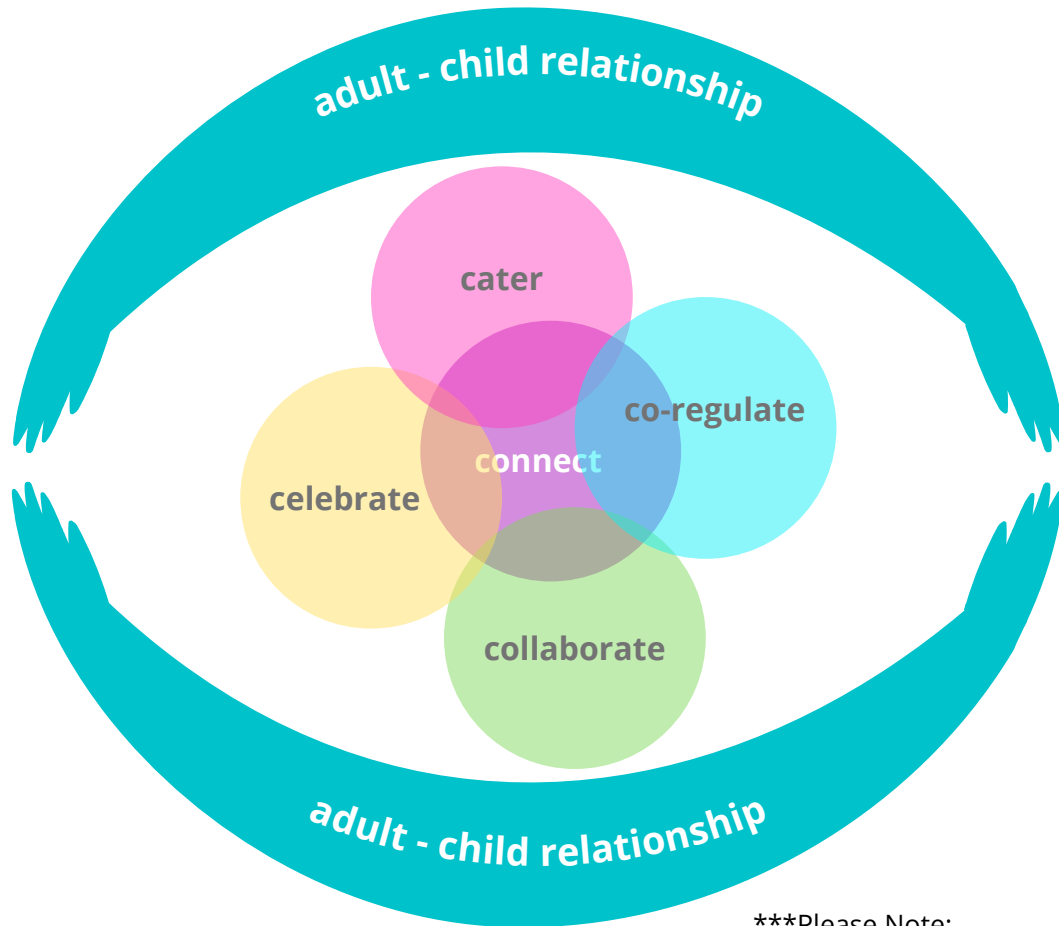


# The 5 Cs Model

Facilitating the development of self-regulation & feelings of safety through positive relationships

by Christina Keeble



- **Cater**

- To immediate needs

- **Co-regulate**

- Using our calm to bring them calm

- **Collaborate**

- Do things with them, not to them

- **Celebrate**

- Their individual uniqueness just as they are

- **Connect**

- Building a trusting relationship through their interests

\*\*\*Please Note:

- This is a fluid model, not linear.
- It's constantly in motion and being affected by what is going on in the moment.
- This is not a step-by-step list to follow through in a linear fashion.