

## Supporting Modulation

*Consider a scenario in which your child's emotion escalates.*

*Steps toward supporting modulation:*

1. **Be attuned:** Notice the feeling (tune into the energy).
2. **Keep yourself centered:** Check in with yourself.
3. **Ask yourself:** Where is your child's energy? Where does it need to go (up or down)?
4. **Reflect (simply) what you're seeing** (e.g., "I can see you just got really mad. Let's see if we can calm it down a bit so we can talk.").
5. **Cue child in use of skills** (e.g., breathing, sitting quietly, calming down space, stress ball).
6. **Reinforce use of modulation skills** (e.g., "I'm really proud of you for trying to calm down your energy").
7. **Invite expression/communication** when child is calm.