



Community Based Care: Polk, Highlands & Hardee Counties

Class 5 Homework Empowering Strategies

One per person

Name: _____

1. Physiological empowerment strategies aim to meet physiological needs such as nutrition, touch, physical activity, sleep, and hydration. Based on what you learned in class, what are things you can do to incorporate meeting these needs for a child in your home?
2. Describe your understanding of how we can empower children to help them learn to self-regulate through co-regulation?
3. Describe a daily routine, ritual, and artifact that you either currently do within your family or have thought about adding to your family?

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Heartland for Children is a community-based care lead agency contracted with the Department of Children and Families.





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4. What are some routines, rituals, and artifacts you recall from your own childhood and what did they mean to you?

Please describe at least one thing that stood out to you in class 5 reading.

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