

CO-REGULATION TIPS

Co-regulation is teaching a child how to self-regulate as they are not born with these skills.

1



Co-regulation involves getting eye level with the child and labeling their feelings (e.g., "I know you're sad right now," "I can see you're really angry right now").

2



The adult sits with the child's feeling without immediately trying to fix it, demonstrating how to handle difficult emotions.

3



Helpful co-regulation phrases include "I believe you," "I get it," "I'm here to help," and "What would feel good right now?"

4



Avoid unhelpful phrases like "Don't worry, you're fine," or "Stop worrying, nothing bad will happen."

5



Encourage calming techniques like taking deep breaths together or using items from a calm-down box.

6



Instead of sending the child away when they have difficult feelings, stay near them and help them regulate until they feel better.

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