

20 WAYS TO CO-REGULATE

Co-regulation is when we help a child to regulate through modeling and support. Co-regulation must happen prior to a child learning to self-regulate. Self-regulation is one's ability to meet the demands of the environment by changing our arousal level.

Being in a regulated state is important for learning, attention, engagement, communication, and social-emotional development.

- 1 Take a break together in a quiet space.
- 2 Use a gentle voice and simplify your language.
- 3 Model calm, show them how you take deep breaths.
- 4 Dim the lights.
- 5 Give them squeezes or rub their back.
- 6 Pay attention to their cues.
- 7 Listen to music.
- 8 Connect with a mutually enjoyable activity like baking.
- 9 Go for a walk.
- 10 Adjust the demand, provide support for the task.
- 11 Just pause. Give them time.
- 12 Move away from what is causing stress.
- 13 Blow bubbles.
- 14 Work together to solve the problem.
- 15 Label their feelings and validate them.
- 16 Give them a big hug.
- 17 Give them a toy that engages their senses.
- 18 Hold their hand.
- 19 Give them a heavy work task like pulling a wagon.
- 20 Body movement, ex: running, swinging, crashing

This resource was created in collaboration with @the.well.balanced.ot
Get the OT's Guide to Regulation here:
<https://www.teacherspayteachers.com/Product/An-OTs-Guide-to-Regulation-for-Parents-How-to-Promote-Self-Regulation-at-Home-7477625>