



Promoting Co-Regulation

1. Remember to Regulate You

Practice different things to figure out what regulates you? Deep breathe, Squeezing arms, Stretching, etc.

2. Name it to Tame it

Name what is going on in the situation, "This is hard."

3. Communication of Physical Sensation

Name a physical sensation in your own body, "My heart is beating fast."

4. Be Reflective with a Broader Perspective

Regulate and then broaden your perspective to include information not seen the first time. A child is frustrated because they can't find something. "I'm noticing there are papers covering your desk."

5. Be Real about how you Feel

Authenticity: Be congruent so you will not be perceived as a threat to the amygdala.

6. Connect and Redirect

Connect to them first, be attuned before you move onto problem solving. "I get it, this is really big, what do we need right now?"

7. Speak through a Parts View

Validating what they are feeling, being attuned and pointing out the other pieces of the situation. "Part of me really wants to just let you do that, and part of me knows that wouldn't be safe."