



# Co-Regulation

## What Is It?

### **Co-Regulation:**

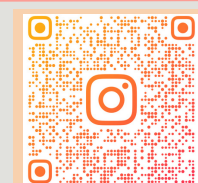
- Supporting children to engage, play, attend, and learn from their environment by providing warm, responsive, and continuous interactions by attuning to the child's cues
- Parents continuously change their body cues, tone & pitch of their voice, and include sensory strategies to support emotional balance

### **Self-Regulation:**

- Your child independently applying strategies to bring their body in a calm state and maintain it, in order to participate in regulating their emotions, social interactions, and engage in learning (Perry et. al, 2018)

## Why Is It Important?

Co-regulation is the foundation for development of a child's self-regulation skills. Through co-regulation, a child will learn how to choose and make a connection on what is regulation for them. Self-regulation is not fully developed until early teenage years. Regulation changes across the lifespan and is state-dependent.



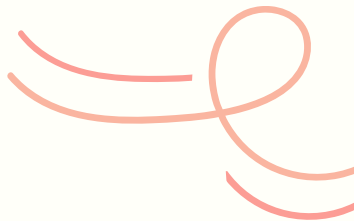
# How To Support Co-Regulation

- Connect and attune to your child
- Recognize your own regulation
- Be warm, responsive, and present
- Participate in sensory input together
- Provide strength-based opportunities
- Join them in their preferred pretend play
- Support predictable routines
- Provide cues of safety through a calm tone of voice, facial expressions, posture, and other nonverbal forms of communication
- Validate and recognize feelings and healthy ways to express emotions
- Increase capacity to manage intense affect (respond versus react)



# How Can an Occupational Therapist Help?

- Identify and assess your child's sensory processing and help understand their sensory needs
- Find additional sensory strategies to support co-regulation
- Support parents to identify and create a toolbox of strategies



Consult with your occupational therapist for an individualized plan to meet your child's needs

