



What is Co-regulation?

Remember when adults provide co-regulatory experiences you support the child/young person in the moment and strengthen their ability to regulate over time.

This will help to ensure the child or young person feels safe, calm and understood.

- Communicating through behaviour
- Changes in volume of voice
- Changes in body tension
- Changes in breathing
- Showing distress

- ## How to help

1. Position yourself to the side of the child and not face on and speak calmly and softly. Keep your eyes lowered. Request support from attuned staff if needed.
2. Ensure that adults are attuned and take notice of children and young people's emotions.
3. Recognise and use emotions as an opportunity for learning.
4. Remain calm and limit the use of language if necessary.
5. Support children and young people to feel safe, both physically and emotionally. This could be by using non-verbal communication such as open gestures, facial expressions etc.
6. Validate feelings and label them, using scripts e.g., "I wonder if you are feeling xxx", "I can see that xxx", "I think xxx".
7. Teach strategies to regulate big emotions e.g., using sensory tools, calming activities, grounding techniques.
8. Provide reassurance and communicate empathy e.g., "I am sorry that happened", "I understand why you may feel xx", "It's ok to feel xx"
9. Be non-judgemental, taking care to avoid any blame or shame.
10. Be aware of your own emotions and the impact these can have on others.
11. Request support from attuned staff if you become dysregulated or in a heightened emotional state.

10 Steps for Effective Co-Regulation - KindleKids