Co-Regulation Strategies

1

Connect. Listen, rephrase or use physical touch (for some children)

2

You seem sad. I feel sad too when we can't visit Granny

Name the emotion and validate the feeling

3

*How can **we** work this out?*

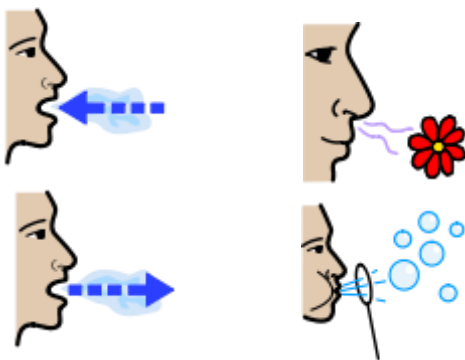*What will we do first? Brush our teeth or wash our face?*

Give choices or solve problems together

4

Move together. Model self-regulation

5

Breathe together (use visuals to help)

6

Engage in calming activities together