

CO-REGULATION IN PRACTICE..

WHY IS CO-REGULATION SO IMPORTANT?

- Our emotions are contagious to those around us. Our brains wire together
- It helps us learn new skills, recover from mistakes, and connect with others
- A child will learn to develop regulatory skills, and over time internalise the soothing responses of caregivers, and belief help will come, and emotions are tolerable
- Connection leads to balanced emotions, focused attention, impulse control, and empathy. Each of these are key in reducing challenging behaviour.

SO WHY IS IT IMPORTANT TO MODEL REGULATION IN A CALM MANNER?

- If we are dysregulated when a child is unsettled, they will continue to escalate
- We promote regulation and safe expression when we show children emotions won't hurt them
- By modelling effective regulation, we give children the opportunity to learn the skill. It takes practice!
- Small moments of attunement across the day, week, months, and years, strengthens the connection between different areas of the brain, helping to create executive functions of self-regulation.

Connect emotionally, using an even and warm tone, gentle facial expressions, gestures, eye contact and appropriate intensity to show them that they are "seen".

Provide supportive silence if the child has flipped their lid.

Practice responding to difficult situations calmly.

HOW DO WE MODEL CO-REGULATION?

Focus on the emotion rather than the behaviour. Is it anger driving the swearing?

Take a break when you are feeling overworked or stressed.

Self-monitor your responses to emotional situations.

Remember, taking a moment to pause and consider how you are feeling before you respond can make a significant difference to your support. Slowing your interactions helps you stay calm and supports the person you're with to calm too.

