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Ways to support co-regulation



Self-Reflection

We can't engage in co-regulation if we're not regulated ourselves. Check in on your own emotions before supporting others.

Interactions

Find planned and incidental opportunities for respectful and responsive verbal and non-verbal communications.

Environment

Create a physically and emotionally safe environment with predictable routines and consistent expectations.

Activities

Work together to recognise emotions, challenge unhelpful thoughts, and develop personalised strategies to support regulation.

