

Co-regulation and self-regulation are part of the developmental process.

How can you support your child with co-regulation?



www.playgroupsa.com.au



Offer deep pressure

Hugs, massages, hand-holding and weighted blankets feel good for a reason. They offer tactile and proprioceptive input.





Play together

Immersive activities can help your child transition to a calmer state of mind.





Get down to your child's level

Standing over a child creates an uneven balance of power. Show you are open to support them.

An illustration of a woman with dark hair, wearing a light-colored long-sleeved shirt and dark pants, kneeling on one knee. She is hugging a young child with red hair, wearing a green shirt and yellow pants. The scene is set against a large orange circular background.

www.playgroupsa.com.au



Stop talking

Reduce verbal input and allow time for regulation. You can talk through problems or choices once your child is calm and more receptive to conversation and learning





Go for a walk outside

Playing outside and being in natural environments can help children relax and feel calm.





Deep breathing

Deep breathing activates the parasympathetic nervous system.

- Pretend you are blowing out a candle.
- Take in a big breath through the nose and hiss like a snake when exhaling.

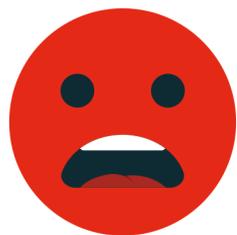




Name the feeling

Use flashcards or an A4 sheet with simple faces to depict feelings.

Toddlers can begin to recognise and name their emotions.





Do some heavy work together

Heavy work activities support regulation and can help to calm your child's body, feel oriented in space and focused.

- Lift a box
- push a laundry basket
- Sweep with a broom or mop
- Vacuum
- Trampoline
- Wheelbarrow walk

