

Co-Regulation Techniques

TECHNIQUE	DESCRIPTION
<p>Label Feelings</p> 	<p>Help your child identify big feelings by labeling your child’s feelings in a neutral tone of voice. For example, “It seems like that really frustrated you,” or “I can see it made you feel sad when . . .”</p>
<p>Breathe Together</p> 	<p>Calmly take deep breaths so your child can see you practicing self-calming. If it does not make your child more upset, sit next to or hold your child while you breathe deeply so your child can feel the rhythm of breathing.</p>
 <p>Body Calming</p>	<p>Slowly and rhythmically rub your child’s back, feet, etc, when they are recovered. Connecting like this lets them know that you will be there when they are ready to talk or interact.</p>
<p>Back Stories</p> 	<p>Tell your child a story while drawing on the top half of your child’s back. For example, draw a circle with rays for the sun, draw triangles for mountains, tap your fingers to walk up the mountain, and brush your hand back forth to make wind. Then, switch places and let your child tell a story on your back.</p>
 <p>Music</p>	<p>Sing or play relaxing songs. Model how to sing/dance/play an instrument. Your child will learn to use music as an active calming tool.</p>
<p>Sensory Activities</p> 	<p>Creating a soothing environment can reduce distress. Try lowering lights and turning off noisy toys and devices. Weighted blankets or other objects that children can touch or feel can help them focus and calm down. A cold washcloth over the eyes can reduce visual stimulation and calm an overly stressed system.</p>

