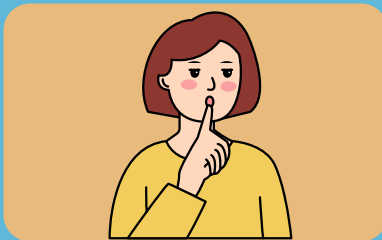


Help Soothe Your Child's Big Emotions with Co-regulation

Co-regulation is a collaborative effort where parents model and act as a calming, supportive presence, helping children navigate their emotions and develop self-regulation skills over time.



**Lower Your Body
Position**



**Lower Your Voice
and Talk Less**



**Soften Your
Facial Expression**



**Push or Pull
Something Heavy**



**Go Outside /
Be in Nature**



**Model Deep
Breathing**



**Offer Deep
Pressure**



**Engage in a
Preferred Activity**



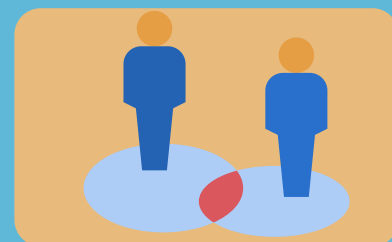
Move Your Bodies



Calm the Space



Validate Feelings



Give Space and Time