



It's SMARTEST to Co-Regulate

Co-regulation is when two individuals are in sync with each other, allowing each individual to up or down regulate the other to be calm and engaged. By understanding what someone is thinking by reading affect cues and gestures, you can figure out what the other individual needs.

Simplify your language

Movement – slow down your actions

Affect – match the child's affect

Reflect the child's emotional intent

Tone of voice – modulate for the situation

Eyes and ears – listen with both

Stop – wait for the child to initiate

Together – join the child in their intent