



Seasons Counseling Center

Helping Your Child Cope






Signs of Emotional Dysregulation
& Skills Parents Can Use to Co-Regulate with Their Child

Stay Calm, Create Safety, Teach Skills

Recognizing Emotional Dysregulation



Emotional dysregulation can overwhelm a child's ability to think and cope.


Signs may include:


-  Frequent meltdowns
-  Aggression, yelling, or lashing out
-  Physical outbursts (hitting, kicking, etc.)
-  Panic, clinginess, trouble settling down
-  Difficulty calming even with parent help





Co-Regulation Skills You Can Use

 **Stay Calm**
 Breath deeply, soften your voice


 **Empathize First**
Connect with their emotions – “You’re safe. I see you’re really upset”

 **Soothe the Senses**
Offer sensory support:
– Deep breaths, holding a hand.” –
– snuggling up

 **Guide Without Shaming**
“Let’s take a break and then talk it”

 **Teach Coping Skills Together**
Practice safe ways to handle feelings.
(calm breaths, squeeze a pillow, movement)

*Parent Support is Key – When You Co-Regulate with Your Child,
You Help Them Build Emotional Skills*

 Call: (573) 327-9841

 <https://seasoncc.com/>

