

CO-REGULATION



A dysregulated adult can never regulate a dysregulated child. — Dr Bruce Perry



1



REGULATE YOURSELF FIRST

Slow your breathing • soften your face
• relax your body.

Let them borrow your calm.

2

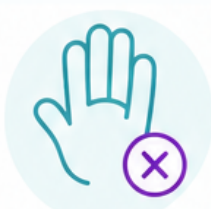


REDUCE YOUR WORDS

No explaining • no reasoning
• no questions.

A dysregulated brain has less capacity for language.

3



PAUSE DEMANDS

This isn't the moment for "put your shoes on", "say sorry" or "tell me what's wrong."

Regulate first. Demands can wait.

4



REDUCE THE SENSORY LOAD

Dim lights • reduce noise • move away from crowds • give space • remove unnecessary stimulation.

5



STAY CLOSE – WITHOUT CROWDING

Be available and predictable.
Some children need closeness; others need physical space.

Follow their cues.

6



RECONNECT, THEN MOVE ON

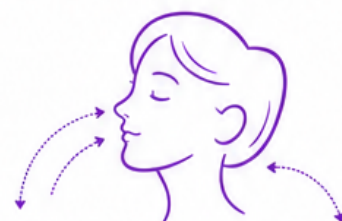
When their body is calmer, gradually bring language and expectations back.

Connection → Regulation → Communication.

YOUR BREATH *is your superpower*



Try this:



Breathe in
for 4
counts

Breathe out
for 6
counts



**Slow your breath.
Send a signal of safety.**

Your calm helps build
their calm nervous system.



DURING DYSREGULATION, THINK:



LESS
talking



LESS
demands



LESS
sensory
input



MORE
calm



MORE
safety



MORE
connection