

Co-Regulation Cheat Sheet

Supporting your child through big feelings, with
presence, not pressure.

🧠 When Your Child Is struggling

Their body is saying:

"I need safety, not correction."

They don't need fixing.

They need your steady, borrowed calm.

👐 Lead With Connection

- Sit beside, not above
- soften your face
- Slow your pace and breathing

🧰 Co-Regulation Tools

Offer gently, don't force:

- Hand squeeze game (squeeze-pause-release)
- Match their breath — then slow yours

💛 First, Anchor Yourself

- Inhale 4 — Hold 2 — Exhale 6
- Drop Shoulders + Soften jaw

Whisper to yourself:

"I can be the calm here."

✂️ Calm-Keeping Phrases

Say softly:

- "All your feelings are welcome here"
- "You don't have to calm down alone, We'll breathe together."

Avoid:

- "Calm down."
- "You're okay."
- "You need to stop."

🌈 After Their Body Softens

Reconnect with safety + structure:

- Water + protein snack
- Quiet reset activity (coloring / books)

✨ Remember

A dysregulated child is asking:

"Can I borrow your calm until I find mine?"

You don't need to rush calm, just stay with them.