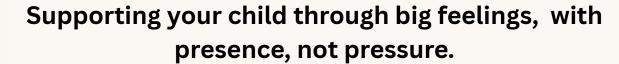


Co-Regulation Cheat Sheet





When Your Child Is stuggling

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 (squeezepause-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.



