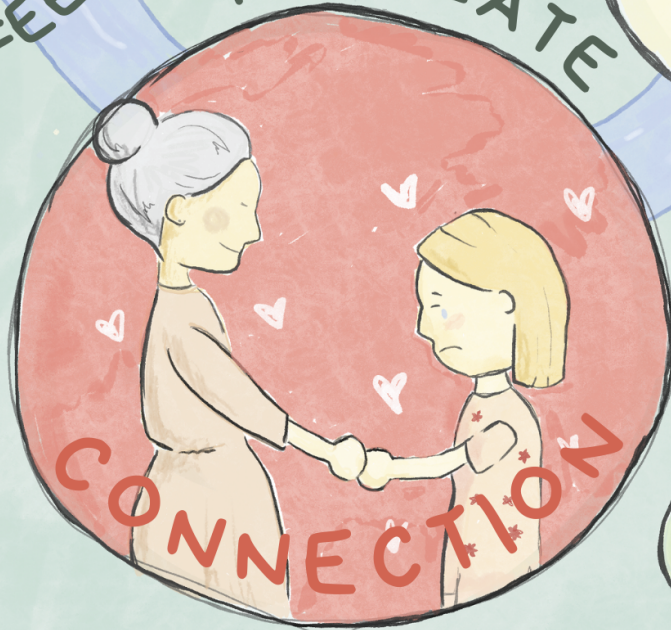




BIG FEELINGS

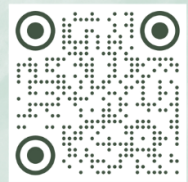
REGULATE

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MORE INFO

CO-REGULATION INSTRUCTIONS

Self-regulation is a person's ability to manage and respond to BIG FEELINGS. Self-regulation helps us return to feeling calm and grounded.

With children, self-regulation is developed through interactions with responsive and supportive caregivers (parents, teachers, and family friends). Children often need support with their regulating process, this is called co-regulation.

There are many regulation strategies that you can do with your child as part of co-regulation, below are some techniques:

Soldier Stomping

Pretend you and your child are soldiers and begin stomping on the group, do this for about 30 seconds. Imagine that you are stomping out your big feelings. Repetitive, rhythmic movements help us regulate, you can also try dancing, clapping, or bouncing a ball. Doing this together helps co-regulate and create a connection with your child.

Name Five Things

When you have made a connection with your child, ask them to name 5 things that they can either see, hear, smell or taste. This will help your child focus their attention on their surroundings, rather than their big feelings, therefore helping them regulate.

Rainbow Breathing

When your child begins to regulate, but is not quite calm yet, you can use Rainbow Breathing to help them settle down. As you inhale, lift your arms upwards above your head, lower them in a rainbow shape as you exhale. Repeat five times.

You can search for 'Dr Bruce Perry's Regulate, Relate and Reason' for more ideas. It is all about regulating emotions, relating (connecting) with your child and reasoning (having a deeper, rational conversation about the experience or emotions at play).

