

6 ways to co-regulate with your child



It can feel so difficult to support your child when they are upset. It can make loving parents feel helpless. The truth is, you are supporting your child just by staying with them! Here are some other strategies you can try while being with them.



Physically support their body

This may look like offering a deep pressure hug, helping your child to sit in a secure space, or staying next to them quietly, depending on your child's sensory needs. Children who are dysregulated need additional measures to help them feel safe and secure.

Project calmness

When children are dysregulated, it is difficult for them to process what you are saying. However, they can still observe whether you are present for them through your body language, gesture and tone of voice. Seeing that you are calm and present will help your child to feel safe.



Strong sensory input

When children are in fight / flight mode, their sensory systems are heightened. Offering strong sensory input, like an icy bottle on the neck, lemon drops, mint sticks can help ground your child in the present moment and stay connected with their surroundings.



Brain teasers

After grounding your child with strong sensory input, we would want to continue to engage the thinking part of the brain. Brain teasers, like Sudoku, I spy, naming 10 things in yellow, naming car models, are a good way to engage your child's cognitive function.

Post-game chat



When your child is regulated, perhaps later in the evening or when they wake up the next morning, have a conversation about what happened. Try to talk from a place of curiosity and model verbal reflection, use language like 'I noticed that when I ... you.....', 'When you I felt', 'Is there anything we can do better to support you?'



Reflect creatively

Creativity allows us to tap into our subconscious mind and learn new perspectives about ourselves. If your child prefers not to talk through their feelings, then inviting them to express it through drawings or choosing a piece of music that represent how they feel could be a good way for you to reflect and grow together.

If you feel that your child needs further support in processing early trauma and , please feel free to get in touch with me on crystal@clapandtoot.com!

*Best,
Crystal*