

Co-Regulation

Everyday we all feel many different emotions from happiness to sadness to fear or anger. It is okay for our children to feel all these emotions, however, early years children are at a stage in their development where they can find it difficult to regulate their emotions on their own. In order for children to self-regulate their own emotions they must first co-regulate with a supportive adult.

Co-regulation is critical to support children's well-being. It can support children to feel secure which may help them to explore their environment, practice new skills, and learn from their mistakes.

How to Support Co-Regulation



Change your tone of voice to a warm soothing tone



Actively Listen



Remain Curious. Wonder what may have cause this behaviour in the first place?



Avoid judgement and try acceptance



Be empathetic. What would the equivalent situation be for you?



Regulate yourself first. A child cannot be calmer than their supporting adult



Lower yourself to your child's level