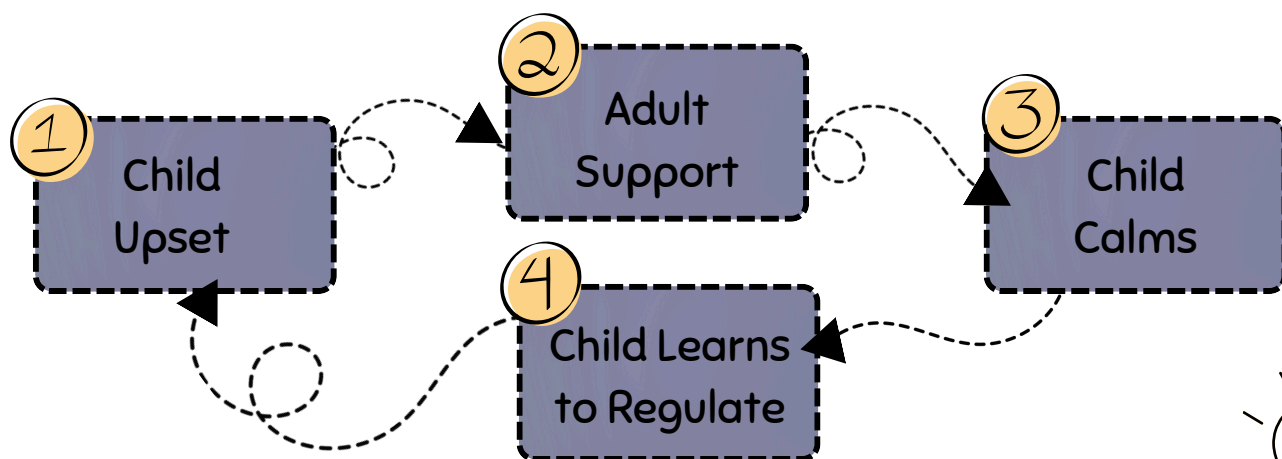




# Communicating With Your Child by Co-Regulating

Co-regulation is when a caregiver helps a child by being calm and in control. The caregiver might use a quiet voice, a gentle touch, or easy routine to help the child feel safe and cared for.



## Strategies caregivers can use to co-regulate with a child:

- Remember that all behavior is communication.
- Stop, take a few breaths.
- Get on the child's level.
- Use a calm voice.
- Use the words I want the child to use.
- Keep my body language open and relaxed.
- Model strategies for the child (deep breaths, comfort object).
- Give the child a calm response.
- Give the child the space, personal time, touch, or emotional support to express their needs.

When you  
co-regulate  
children learn to  
self-regulate.



Family, Infant and Preschool Program  
of the  
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