

# 20 WAYS TO CO-REGULATE

Before a child can learn to regulate themselves, they must experience co-regulation. It's when the adult helps regulate the child through modeling, support, and sharing their feelings of calm with the child.

When a child is regulated they are in the just-right state for learning, attending, communicating, and managing their emotions

- 1 Take a break together in a quiet space.
- 2 Use a gentle voice and simplify your language.
- 3 Model how you take deep breaths.
- 4 Dim the lights.
- 5 Give them squeezes or rub their back.
- 6 Pay attention to their cues.
- 7 Listen to music.
- 8 Connect with a mutually enjoyable activity like baking.
- 9 Go for a walk.
- 10 Adjust the demand or provide support for the task.
- 11 Pause and give them time.
- 12 Move away from what is causing stress.
- 13 Blow bubbles.
- 14 Work together to solve the problem.
- 15 Label their feelings and validate them.
- 16 Give them a big hug.
- 17 Give them a toy that engages their senses.
- 18 Hold their hand.
- 19 Give them a heavy work task like pulling a wagon.
- 20 Body movement, ex: running, swinging, crashing

If you would like to learn more about regulation and how to promote that just-right state, take a look at [An OT's Guide to Regulation at Home](#) for more in-depth information, strategies, and adaptations.