

Co-Regulation:

How Parents Can Support Children's Emotional & Behavioral Health



Kids learn to manage big feelings through safe, connected relationships.

— What is Co-Regulation? —

Helping children regulate through calm & responsive interactions.



Co-Regulation Strategies for Parents



Stay Calm & Grounded

Pause & breathe



Name & Validate Emotions

Label their feelings



Use Gentle Touch

Offer hugs or sit close.



Scaffold Problem-Solving

Guide solutions after calm.



Be Consistent & Predictable

Create safety & trust.

Why It Matters for Kids' Well-Being



Less Anxiety



Fewer Behavior Challenges



Healthier Stress Response



Stronger Self-Regulation

— Regulated Adults = Regulated Kids —



CALMING COMMUNITIES
COUNSELING & WELLNESS