

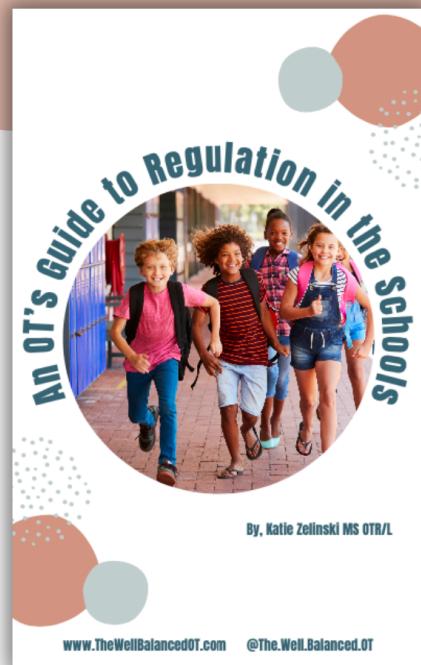
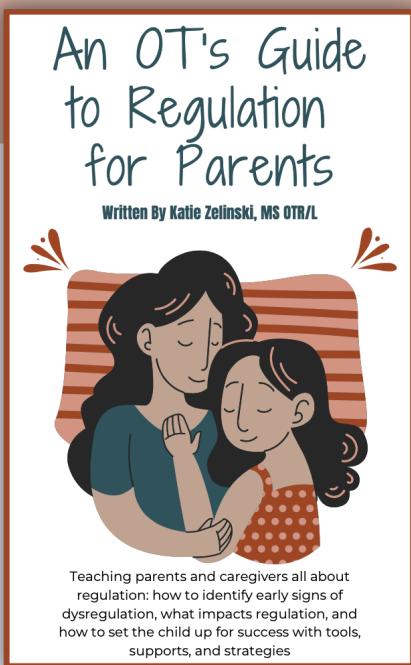
# 46 Ways to CO-REGULATE

Co-regulation happens prior to a child being able to self-regulate.

We teach them strategies by modeling and supporting them through their emotions.



**IF YOU ARE LOOKING FOR MORE INFORMATION ON PROMOTING REGULATION, CHECK OUT MY GUIDES FOR SCHOOL AND HOME**



# THANK YOU!

Thank you for downloading 46 Ways to Co-Regulate! Before we can expect a child to self-regulate, we must model and teach them to tools!



The Well-Balanced OT

## TERMS OF USE:

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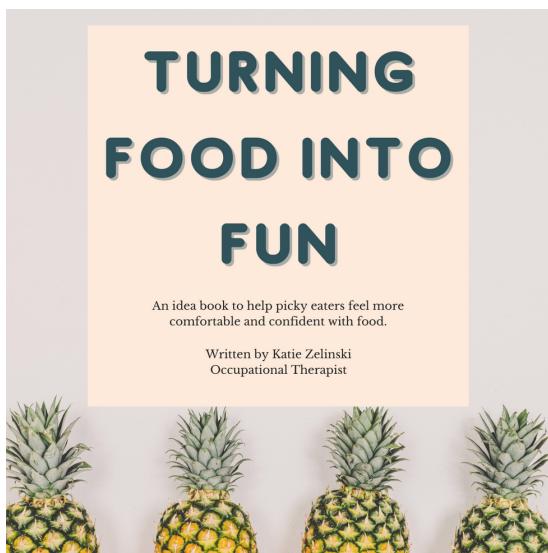
# 46 Ways to CO-REGULATE

- Read a book together
- Model deep breathing
- Give a big hug
- Provide squeezes
- Use a gentle voice
- Sing a song
- Have a dance party
- Sit them on your lap and let them feel your chest rise/fall
- Give a back rub
- Offer a regulation tool
- Sit quietly next to them
- Hold their hand
- Go for a drive
- Dim the lights
- Label feelings and emotions
- Model the behavior you want to see
- Pay attention to their cues
- Provide positive feedback
- Get outside
- Bake together
- Practice mindfulness
- Encourage them to express their feelings
- Plant a garden
- Connect with them
- Do a puzzle
- Listen to their words
- Take care of your own needs
- Prepare the environment
- Listen to music
- Do yoga together
- Go for a walk
- Let them help you
- Simplify your language
- Match the child's affect
- Move slower
- Allow the child time to initiate and respond
- Join the child in their play
- Redirect away from a noxious stimulus
- Strive for positive interactions
- Pause
- Adjust the demand
- Problem solve together
- Get permission to help
- Lay in the grass and look for cloud shapes
- Become a trusted person
- Validate their feelings

# ADDITIONAL RESOURCES

Access these resources by clicking on the image or going to my TPT store:

<https://www.teacherspayteachers.com/Store/The-Well-balanced-Ot>



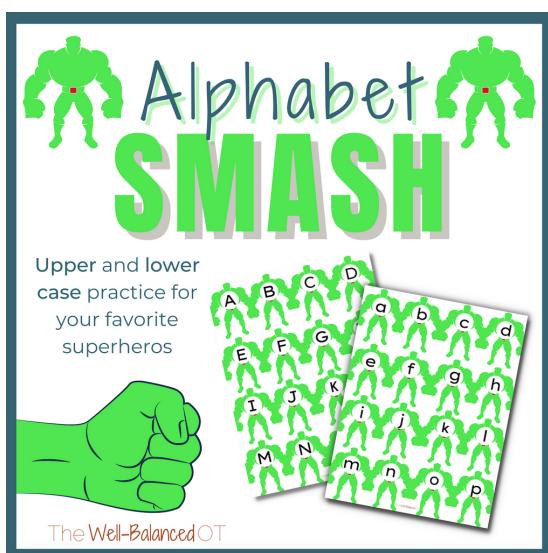
Turning Food into Fun is a great guide for helping your picky eater engage with food in a fun and playful manner. Perfect for a parent or therapist!

[SHOP HERE](#)



Work on sequencing and fine/visual motor skills in this super engaging resource that includes 2 different activities! Ideal for pre-schoolers and young elementary.

[SHOP HERE](#)



Use their favorite superhero to learn letters. Pair this activity with balls of playdoh and smash it when you locate the correct letter. Includes both upper and lowercase letter opportunities.

[SHOP HERE](#)

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# ADDITIONAL RESOURCES

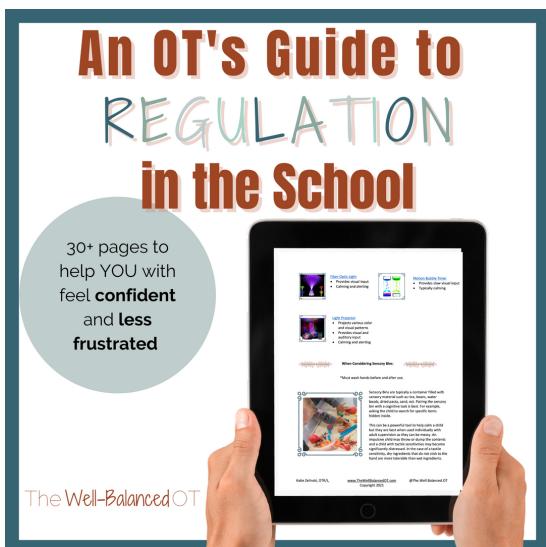
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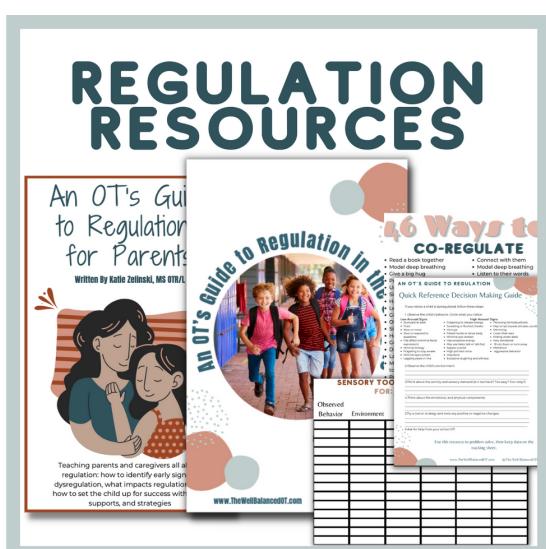
This regulation guide will help parents and families learn more about regulation, and how to better understand what supports will work best for their children in the home and community.

[\*\*SHOP HERE\*\*](#)



This regulation guide is ideal for the school setting, whether you are an OT, teacher, therapist, or support staff. Better understand how regulation benefits learning, what tools to use, and how to incorporate them.

[\*\*SHOP HERE\*\*](#)



This bundle includes 4 resources related to regulation at a discount!

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