



1. Understand what's happening

When a child has “big emotions,” their brain is in a stress response, not a learning state.

In this state, children often cannot:

- think clearly or logically
- follow instructions
- problem-solve
- consider consequences
- regulate their reactions

Tip: Behaviour is communication – not defiance.



2. What co-regulation means

Co-regulation is the process of an adult helping a child return to calm by providing:

safety

calm presence

emotional
understanding

predictable
support

It is the bridge between dysregulation and self-regulation.

Tip: Children learn to regulate themselves over time through repeated co-regulation experiences.

3. Your role in the moment: “Bring the calm”

When your child is overwhelmed, your first task is not to correct behaviour – It’s to stabilise the emotional state.

Do less, not more

- Lower your voice
- Slow your movements
- Reduce language
- Reduce demands
- Stay physically present if safe

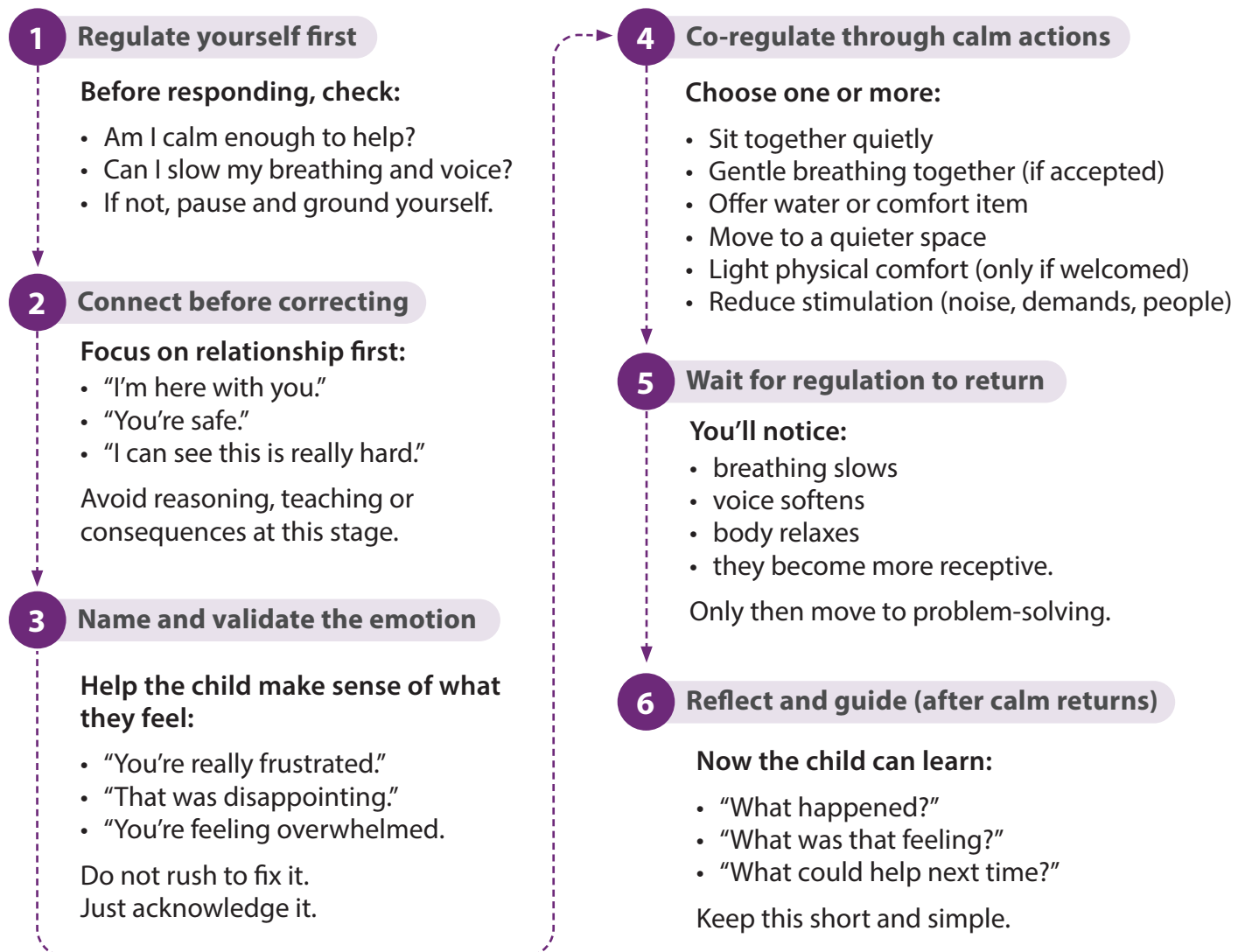
Be a calm anchor

- Sit nearby (don’t crowd)
- Offer quiet presence
- Stay regulated yourself





4. Steps to co-regulate



Key principle to remember

Children borrow your calm before they develop their own.
Over time, repeated co-regulation helps children internalise:

- Safety
- Emotional awareness
- Self-soothing skills
- Recovery after distress



Parent resources

Scan the QR code for more helpful parent resources and articles.



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