

CO-REGULATION STRATEGIES

Tips for Providers, Parents and Caregivers



Modeling Regulation

Demonstrate calm behavior:

- Practice slow breathing.
- Maintain a steady tone of voice.
- Keep a relaxed posture.
- Sit with them.



Sensory Regulation Support

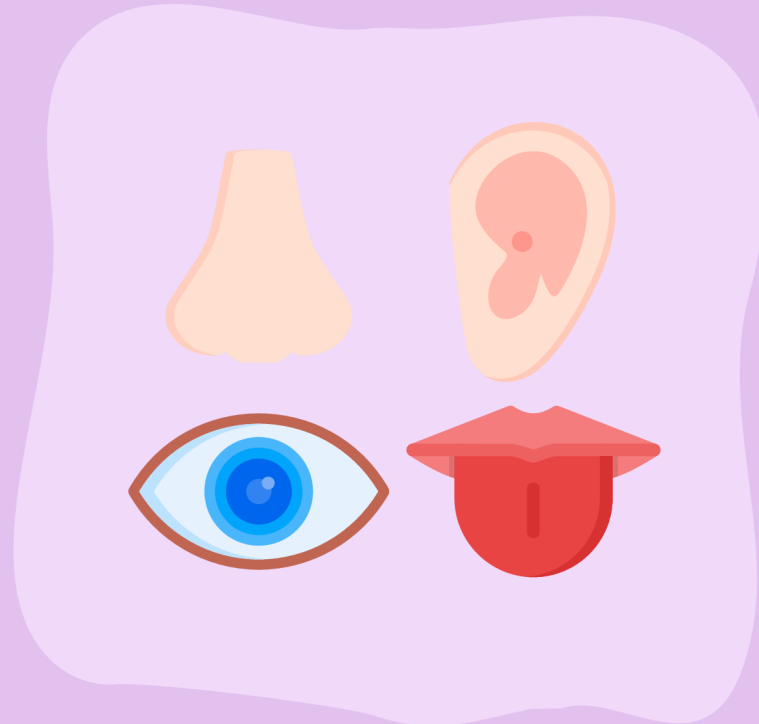
Provide sensory strategies to help them regulate.

- Teach them deep pressure exercises on hands, feet, and other joint areas.
- Engage in proprioceptive activities, like jumping or pushing.

Grounding and Breathing Exercises

Provide strategies they can practice on their own at home, school, etc.:

- Practice deep breathing techniques.
- Use grounding techniques that engage their senses: *"What can you see, hear, or feel right now?"*



Creating a Co-regulating Environment

Consider these when creating a safe space:

- Reduce overwhelming stimuli and introduce calming sensory elements (soft lighting, calm music).
- Maintain clear routines and expectations to create a sense of safety.
- Designate a quiet space to go to with calming objects when feeling overwhelmed.
- Use listening therapies like the Safe and Sound Protocol to help regulate the nervous system.



Verbal and Non-verbal Communication

Pay attention to your body language.

- Use a calm, steady voice, and gentle eye contact to convey safety.
- Provide physical reassurance if appropriate, such as a gentle hand on the back or sitting close by.



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Visit unyte.com for more educational resources and to learn more about therapeutic tools for nervous system regulation.