

# 4

## Ways to support co-regulation

### Self-Reflection

We can't engage in co-regulation if we're not regulated ourselves. Check in on your own emotions before supporting others.

### Interactions

Find planned and incidental opportunities for respectful and responsive verbal and non-verbal communications.

### Environment

Create a physically and emotionally safe environment with predictable routines and consistent expectations.

### Activities

Work together to recognise emotions, challenge unhelpful thoughts, and develop personalised strategies to support regulation.

