



BE HAPPY

CO-REGULATION SKILLS

The University of Texas at Tyler School of Medicine

Co-regulation is helping your child manage emotions by staying calm, connected, and supportive. Use these simple strategies to build safety and emotional regulation.

✓ **Label Feelings**

Name your emotions and your child's emotions in a calm, neutral tone to build understanding.

"You look really frustrated."

✓ **Breathe Together**

Model slow breathing (in for 3 seconds, out for 3 seconds) so your child can follow.

Tip: *Let your child sit with you to feel your breathing.*

✓ **Body Calming**

Use gentle touch like rubbing their back, feet, or head to help them relax.

Your calm presence is enough—no words needed.

✓ **Back Stories**

Draw or "tell" a story on your child's back using your finger.

Try drawing shapes or pretending your fingers are walking.

✓ **Music**

Use music to match your child's needs—calming or active.

Sing, dance, or play soothing songs.

✓ **Sensory Activities**

Create a calming environment using simple sensory supports.

Dim lights, reduce noise, use a weighted item, or a cool washcloth.

* **Key Takeaway**

Stay calm, present, and connected—your support helps your child learn to regulate over time.