




Emotional Regulation






Dysregulation

A dysregulated child:

-  Is overwhelmed and overloaded
often with distressing emotions like frustration, disappointment, anxiety, and fear
-  Cannot think rationally or problem-solve
-  Feels unsafe and survival instincts are triggered
 - Fight: crying, screaming, kicking, hitting, scratching, etc.
 - Flight: excessive fidgeting, darting eyes, running away, etc.
 - Freeze: 'ignoring', 'zoning out', etc.

Co-regulation

Co-regulation is:

-  Keeping yourself calm to help a dysregulated child regulate
-  Comforting the child in the way they feel comforted
-  It could look like:
 - a calm voice
 - limited, reassuring, simple language, or silence
 - modelling deep breathing, slow movements
 - naming and validating the experience/ emotion
-  When a child is dysregulated it is not the time to address the problem or correct the behaviour
-  Having clear, reasonable expectations along with a consistent routine will help a child maintain regulation better throughout their day.