

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Co-regulation strategies

Co-regulation is when adults help children to manage their feelings and behaviours using a range of different strategies and is a necessary step towards children self-regulating.

This week's top tips provide a range of co-regulation ideas to support children in your setting.

- Provide consistent and warm responses to children through strong adult attachments - comfort them when they are upset, be near to them to offer support, etc
- Model calm behaviour yourself at all times and talk about your feelings with the children e.g. if you can't fix something say, "I'm so frustrated I can't do this" while modelling how you manage that frustration
- Label children's emotions, for example, Amber runs over crying and wants a cuddle, as you comfort her you say "Amber, why are you feeling sad?"
- Help children when they feel overwhelmed with positive or negative emotions by using calming strategies such as taking deep breaths to increase the flow of oxygen to the brain. Try a common breathing technique such as, smell the flowers (deep breath in through the nose) and blow out the candles (breathe out through the mouth)
- Create cosy spaces in the environment where children can go to alone or with a trusted adult to gather their thoughts or talk through situations. Add calming resources they can use such as cushions, blankets and fidget toys
- Suggest or model different strategies if a child struggles with conflict or resilience. For example, mediate and help children to discuss solutions to problems, offering ideas and repeating the plan or encouraging them to have another go
- Encourage children to begin to use self-talk, which can support their developing ability to manage their feelings and behaviour. For example, saying in their heads or out loud, "I can do this", "I'm so excited" or "Stay calm and take deep breaths".



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NDNA products to support you with these tips

- [Self-regulation – supporting well-being](#) – face to face training course

And more resources at www.ndna.org.uk/hub/myndna