Emotional Co-Regulation

Emotional dysregulation is when our emotional state is either overactive or underactive, resulting in emotional distress or a loss of control. This is a normal human experience that affects both children and adults.

Emotional self-regulation is the ability to manage one's behavior or responses and return to a more neutral or functional state after experiencing emotional dysregulation. This can be achieved through various strategies, such as breath-work or self-talk.

Children learn self-regulation skills from adults who model emotional co-regulation. Co-regulation is when a caregiver models emotional self-regulation and provides comfort and empathy to the child. This helps the child feel understood and supported while they regulate their emotions.

For more information on emotional co-regulation, visit:

- https://reframingautism.org.au/how-to-respond-empathetically-to-a-meltdown/
- https://reframingautism.org.au/emotional-regulation-part-one-what-is-it-and-why-is-it-so-hard/
- https://reframingautism.org.au/emotional-regulation-part-two-using-co-regulation-to-teach-emotional-regulation/
- https://www.zerotothree.org/resources/1777-it-takes-two-the-role-of-co-regulation-in-building-self-regulation-skills
- https://www.parentingforbrain.com/co-regulation/

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