



**In Simple Terms...**

**Co-regulation is:**

- The simplest form of interaction or communication
- When one person takes an action in response to the action of another person
- Being present in the moment and not necessarily having a particular goal or task in mind
- With neither party in control

**It's Significance in Child Development:**

Through this process, the child begins to realize that:

- There is a to & fro/back & forth to an interaction/communication
- They have something meaningful to bring to the interaction
- Typically, developing children master co-regulation at about 9 months; learnt through adults consistently responding to their crying with a soothing touch &/or gentle rocking from birth
- This process forms the foundation of self-regulation

**Points to consider:**

- If the child has not learned this post 9 months they will benefit from age appropriate activities that will help them develop this understanding
- If the child is passive and prompt dependent, it helps when the adult avoids prompting so that the child develops confidence in responding instinctively within the interaction
- If the child is controlling, it helps when the adult ensures that the child does not take over the interaction and control what the adult says or does; done sensitively as outlined in the How to Be tool (Communication Style)

**Activities that support Co-Regulation:**

<b><u>Early Years &amp; Primary:</u></b>	<b><u>Upper Primary &amp; Secondary:</u></b>
• Hand pile game	• Make a pizza together
• Peek a boo	• Planting up a flower pot together
• Come up with rhyming words	• Rapping improvisation together
• Play bicycle with your feet	• Singing together – listening/responding to each other
• Hold hands and rock back and forth – sing 'row, row your boat'	• Singing - call & response
• Mirror each others' actions	• Rock, Paper, Scissors Game
• 'Round & round the garden' – draw on hand	• Dancing together – noticing & responding to each other
• 'This little piggy went to market'	• Football chanting – call & response
• 'Insy Winsy Spider'	• Football chanting & swaying in sync
• Draw a letter on his or her back and see if they can guess it	• Rolling a ball to one another – correcting when it goes in the wrong direction & going to get it in turn
• Pretend to fall asleep and let them wake you up	• Working together on jobs – folding sheets/tablecloths together; moving e.g. furniture/clothes baskets together