

Co-Regulating



Parenting is about building a relationship with your children through connection. Sometimes the most difficult time to connect with your children is when they are having big emotions. Your children learn more by what you do than what you say. So, if you are shouting at your child to “Calm down”, well, most likely you will both end up dysregulated. So, note your internal state when your child’s emotions are big, pause, regulate and model how to calm down. **Co-regulation** is **defined** as warm and responsive interactions that provide the support, coaching, and modeling children need to “understand, express, and modulate their thoughts, feelings, and behaviors” (Murray et al.)

Check in and Reflect with your family on how you can be a mirror for each other’s feelings.

- When mom is mad, how do you feel?
- When the kids are happy how do mom and dad act?
- How can we help each other as a family when we are having big feelings?

Family Mindful Movement Co-Regulating Practice



1. **Calm**—Sit facing each other, smile at your child and see them smile back. If you are practicing with more than one child form a circle.



Continue facing each other and making eye contact, press your hands together at your heart and together inhale while raising your pressed hands above your head and exhale releasing the palms and stretching your arms out to the side. Repeat together for 5-7 breaths.

2. **Activate**—have fun connecting with your children with these fun partner poses.

EMPATHY YOGA

5 partner yoga poses for kids



3. **Calm**—Finish with your child in child’s pose



Next have them take 3-5 big deep breaths with your hands resting lightly on their back. Have them come to stillness and give them a gentle back massage. Finish with whispering a loving encouraging heart message in their ear.