

### Self-Regulation Starts With Us

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Summary: Take a preventive approach by noticing when your child is starting to get dysregulated, co-regulating before it gets intense using calming techniques, and thinking about *why* it's working

- ✓ The DIR model is a strengths-based parent coaching model that takes into account the needs of both the child and the parents
- ✓ The DIR practitioner aims to find interactions and activities a parent and child can connect with that are enjoyable to both
- ✓ The adult's capacity to help the child stay regulated is limited if their own regulation is off
- ✓ Determine how to communicate what you need to communicate with the child during dysregulation, remembering that we all lose the capacity to understand while stressed and dysregulated
- ✓ DIR/Floortime is a dynamic, but strategic, trial and error process
- ✓ Sometimes the most regulating thing you can do for your child is just calmly be there with them, giving them your full attention

Link to this blog: <http://affectautism.com/2018/09/10/self-reg-starts-with-us/>