

Co-regulation in Floortime™: How to interact with a distressed child

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Summary: By seeing their distress heard and felt by us, our children can move away from catastrophic emotional reactions to a sense of ease and connection through our tolerance and empathy

- ✓ **Dr. Stanley Greenspan believed affect is key to helping children integrate their senses and that children will get stronger in their regulation capacities if we don't overload them**
- ✓ **Co-regulation is the way we attune ourselves in our interactions with the child in order to maintain a regulated state between us**
- ✓ **We co-regulate when our children are dysregulated by calmly mirroring what they are feeling, empathizing with facial gestures, accepting the expression of their feelings, and staying in the moment with them rather than focusing on their behaviour**
- ✓ **Our goal is to expand the range of feelings a child can tolerate, so we need to be comfortable with the range of feelings we, too, can tolerate to show that we understand, empathize, and care about what (s)he is experiencing more than we care about behaviour**

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