

How a caregiver's regulation affects the child's regulation

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Summary: Knowing the developmental approach and having the tools and strategies in your pocket will help you keep your calm when in moments of dysregulation

- ✓ None of us self-regulate, rather, we learn to self-regulate through co-regulating with our primary caregivers
- ✓ When parents understand this first capacity, they influence the child's ability to learn, regulate, communicate, reason, and think
- ✓ Parents first have to figure out how they regulate themselves, then figure out how to help their children
- ✓ We first take care of ourselves by reflecting on our own to figure out our own triggers for our own meltdowns
- ✓ During meltdowns, calmly name the feeling you see out loud, wait, convey that the child is not alone, wait, then sympathetically wonder out loud what to do about it

Link to this blog: <http://affectautism.com/2018/01/22/caregivers-regulation/>