

# Dynamics of Co-Regulation

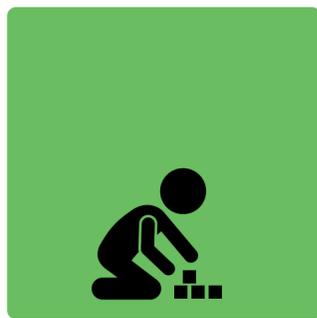
Co-Regulation is a pre-cursor for Self-Regulation!

Co-Regulating WITH children from an early age helps them to build & develop the areas in their brains that they need to be able to self-regulate independently when they are older!



Regulated Adult

+



Regulated Child

=



Regulated Child



Regulated Adult

+

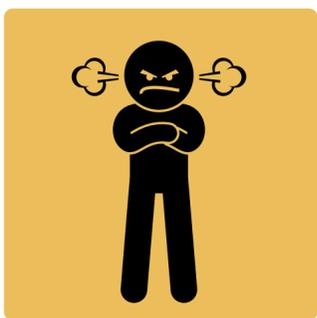


Dysregulated Child

=

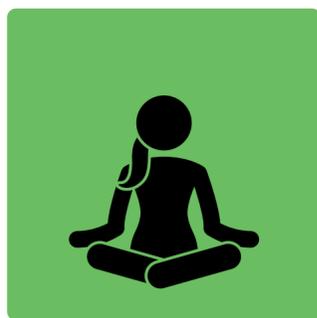


Regulated Child



Dysregulated Adult

+



Regulated Child

=

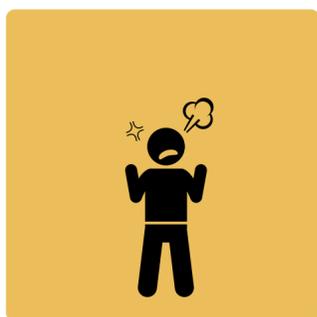


Dysregulated Child



Dysregulated Adult

+



Dysregulated Child

=



Dysregulated Child

