

Family Support

Nurtured Together

SUPPORTING FAMILIES

POSE, PLAY
FIDENCE



Reflect, Regulate, Reconnect

A Parent's Guide to Co-Regulation in Real Life

Introduction

This is a gentle, practical workbook for parents who want to understand their own emotional patterns and build calmer, more connected interactions with their children, one interaction at a time.

As you explore the ideas in this workbook, remember that co-regulation doesn't need perfection, it needs intention.

Kelly
@Nurtured Together

Noticing Your Triggers

THE GOAL

When you can spot the patterns that dysregulate you, you gain the power to pause. And in that pause, your emotions become easier to manage.

SPEND A MOMENT A WEEK
ANSWERING AS MANY OF THESE
QUESTIONS AS YOU CAN...

- “In the last week, what moments made you feel most overwhelmed?”
- “What did you feel in your body (tight chest, quick heartbeat, heat, pressure)?”
- “What thoughts showed up?”
- “Were there any unmet needs behind those feelings (sleep? food? support?)”
- What were you carrying that day before the meltdown began?”

USE THE TRIGGER MAP

Overleaf is a Trigger Map formatted to help you reflect on these questions.

Trigger Map

W/C:

SITUATION

YOUR EMOTIONAL REACTION

WHAT WAS
REALLY
GOING ON
FOR ME?

Understanding Your Stress Responses

THE GOAL OF UNDERSTANDING YOUR STRESS RESPONSE IS TO SEE HOW YOUR BODY REACTS AND WHY.

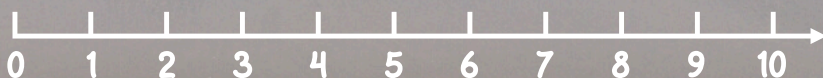
IN THIS BOX, WRITE A BRIEF DESCRIPTION OF THE INCIDENT



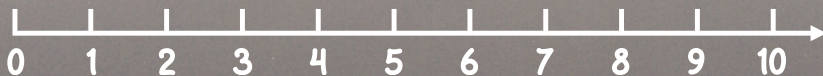
YOUR ENERGY LEVELS DURING THIS:



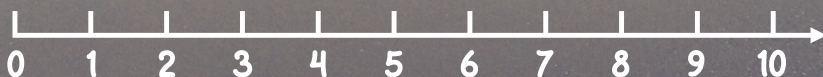
YOUR PATIENCE LEVELS DURING THIS:



YOUR SENSORY LEVELS DURING THIS:



YOUR SUPPORT LEVELS DURING THIS:



THIS ALLOWS YOU TO VISUALISE WHEN YOU'RE RUNNING LOW BEFORE A MELTDOWN HAPPENS

BUILDING HABITS THAT SUPPORT CO-REGULATION



By building habits, co-regulation will come more naturally. Doing these things once a day will make co-regulation more realistic.

DAILY ONE-MINUTE RESETS LIST

- Hand on heart + one long exhale
- Naming feelings out loud
- Sip of water
- Stepping out of the room for 20 seconds

Use your journal to continue recording your trigger patterns and stress responses whenever you can.

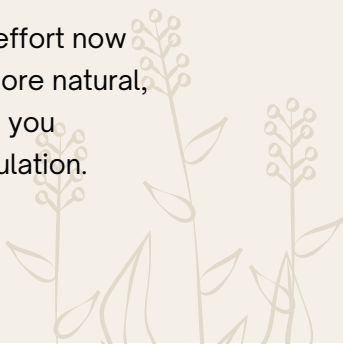
It may feel like “one more thing” in the moment, but over time these small reflections build powerful awareness.

What feels like extra effort now will soon become a more natural, automatic part of how you support your own regulation.

CREATE A REFLECTIVE JOURNAL

Include answers to reflective questions such as:

- “One moment each day I can slow down is....”
- A phrase I want to use when I am overwhelmed is...”
- “One habit that supports me staying calm is...”
- One habit that drains me is...”
- “What does ‘good enough’ co-regulation look like in my home?”





CREATE SPACE FOR CALMER MOMENTS

Intentionally making space for increasing co-regulation opportunities makes it easier in the moments when they are needed.

YOUR CONNECTION INVENTORY

Tick off or add to the list each day:

- Morning cuddle
- Naming emotions out loud
- Co-breathing
- 5-minute floor play
- Walk together
- Sharing a snack
- Reading side-by-side

JOURNAL REFLECTIONS

Reflect in your journal:

- “What helps my child calm down? (movement? closeness? quiet? holding? humour?)”
- “What connection ritual feels doable this week?”
- “Where are the small moments we can ‘co-regulate on purpose?’”



Closing Reflection

As you come to the end of this, take a moment to recognise the value of what you are doing. Reflection is not a luxury for calm days; it's a quiet, powerful tool that strengthens your own emotional regulation and, in turn, supports your child's. Every time you pause to understand your own reactions, you're building a foundation for deeper connection ahead, even on those messy days.

Before you close this section, take a breath and consider the prompts below. Let them help you gather what you've learned about yourself, and what you want to carry forward.

Reflect on:

- Something you have learnt about yourself
- Something you would like to try this week
- Something you would like to let go of
- Your intention for co-regulation going forward is...

Make a pledge to yourself. Each day, remind yourself:

I am learning.
I am growing.
I am doing enough.