



## Apply the Power of Self-Regulation and Co-Regulation

- **Self-regulation:** Recognize when you are upset and calm your brain; ability to regulate mood
- **Co-regulation:** Responsive interactions that provide support, coaching and modeling children need to understand, express and modulate their thoughts, feelings and behaviors



### Strong Positive Relationships are the Basis of Mental Health

#### 10 Steps to a Strong Positive Relationship:

An everyday approach

1. Notice child's feelings
2. Respond warmly
3. Be reliable
4. Keep age and stage in mind
5. Create and keep routines
6. Accept child as unique person
7. Allow child to experiment
8. Spend time having fun
9. Notice and manage your emotions and stress
10. Express gratitude

