

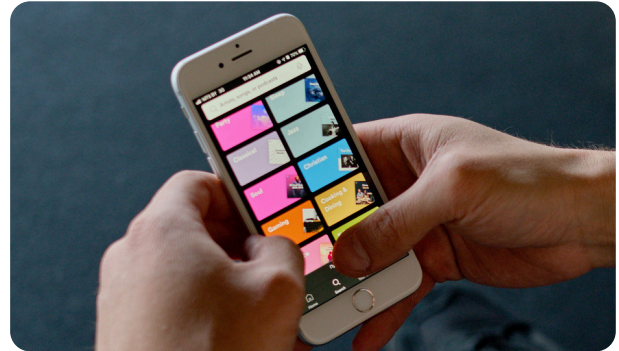
PRACTICAL CO-REGULATION STRATEGIES

These are specific, **actionable tools** for parents and therapists to **co-regulate** with their child, moving away from reactivity into connection:



CREATE A "HOME FREQUENCY" PLAYLIST

Pick 2–3 songs that regulate you and your child. These songs become your reset button, play them on repeat during dinner prep, car rides, or after meltdowns. Bonus if they have rhythm and predictable structure.



SHOCK THE SYSTEM

Offer a cold drink, splash cold water on wrists, or rub a peppermint-scented cloth on their neck. Sensory input like this jolts the nervous system from freeze or overwhelm and opens the door for connection.

DO ONE THING TOGETHER (ON THEIR TERMS) PICK A LOW-STAKES, SENSORY-SAFE TASK AND JOIN THEM

Color next to them without talking. Stack Legos beside them (not for them). Fold laundry together. The trick? No demands. No questions. Just presence.



THE POWER OF PREDICTABLE ROUTINES

Kids with sensory processing issues thrive on predictability. Having a consistent routine for mealtimes, sleep, and play (even on weekends!) helps the nervous system feel safe, making it easier for kids to regulate their emotions.

PRO TIPS TO SUPPORT REGULATION FOR PARENTS

KEEP EARPLUGS HANDY

Noise sensitivity is a common sensory issue for children, but it can also be a trigger for parents when their child is screaming. Earplugs or noise-canceling headphones can be a quick fix to help you and your child regain calm in noisy or chaotic environments.



LISTENING PROGRAMS

Our nervous systems are hardwired to respond to certain frequencies in specific ways. Low-frequency sounds and vibrations, like rumbling thunder or deep bass, can trigger a neuroception of threat, signaling the brain to stay alert for potential danger. This sets off a vigilant response, our body gears up for fight, flight, or even immobilization.

High-frequency sounds, think of a siren or a loud alarm, signal danger, but they also activate the sympathetic nervous system, preparing the body to mobilize for action.

So why does this matter for kids with sensory issues? Because **sound is one of the strongest triggers** for how our brains interpret safety or threat.

Certain frequencies can help rewire the nervous system by promoting a parasympathetic state, the body's rest-and-digest mode, where true healing and regulation can happen. This is exactly why listening programs, which use carefully designed frequencies, can be important for kids with sensory processing challenges.

CO-REGULATION AND THE HEART'S ELECTROMAGNETIC FIELD

Your heart isn't just pumping blood, it's broadcasting information. The **heart produces the strongest electromagnetic field in the body**, and research from the HeartMath Institute has shown that this field can be measured **up to 3 feet away in all directions** with magnetometers. This means your emotional and physiological state is not just visible in your face or voice, it's physically detectable by the people around you, especially your child.

Even more fascinating? When two people are near each other, especially in a caregiving dynamic like parent and child, their heart rhythms can synchronize. Yes, the rhythm of your heart can literally fall into sync with your child's across the room. Not through touch, not through words, but through shared presence and emotional resonance.

THIS IS CO-REGULATION ON A BIOLOGICAL LEVEL.

A stressed-out adult heart tends to beat erratically, fast, tight, inconsistent. A calm adult heart has **coherent variability**, which sends a signal of safety to a child's nervous system. That coherence allows the child's system to *mirror it*, regulate, and settle. This is why when you get regulated, your child often starts to settle without you even saying a word.

This electromagnetic exchange is happening before behavior, before language, and before logic. It's the first conversation your nervous systems are having with each other.



DO YOU HAVE
QUESTIONS OR
WOULD LIKE TO
SET UP AN
APPOINTMENT?

SCAN THE QR CODE!