



What happens when my child becomes dysregulated in school?



Why and why now?
We are **Stress detectors**
We get to know your child.
We look for triggers.
We reduce 'stresses.'
We empathise.
We acknowledge feelings.



We provide **co-regulation**
Safe spaces
Weighted blankets
Lycra socks
Sideways hugs
Make connections
Allow processing time
Adults remain **calm**

We teach **self-regulation**
Breathing techniques
Mindfulness
Meditation
Movement/brain breaks
Sensory diets

Asking parents/carers for **support**
We will contact you if your child remains dysregulated for a long period of time and is not responding to co-regulation strategies **or** if your child becomes extremely distressed. You may be asked to take your child home if they or other children are not safe.



Children learn how to regulate their emotions through "co-regulation."

The better we can soothe them when they are agitated, or support them when they are low, the better they "absorb" how to do this for themselves.

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