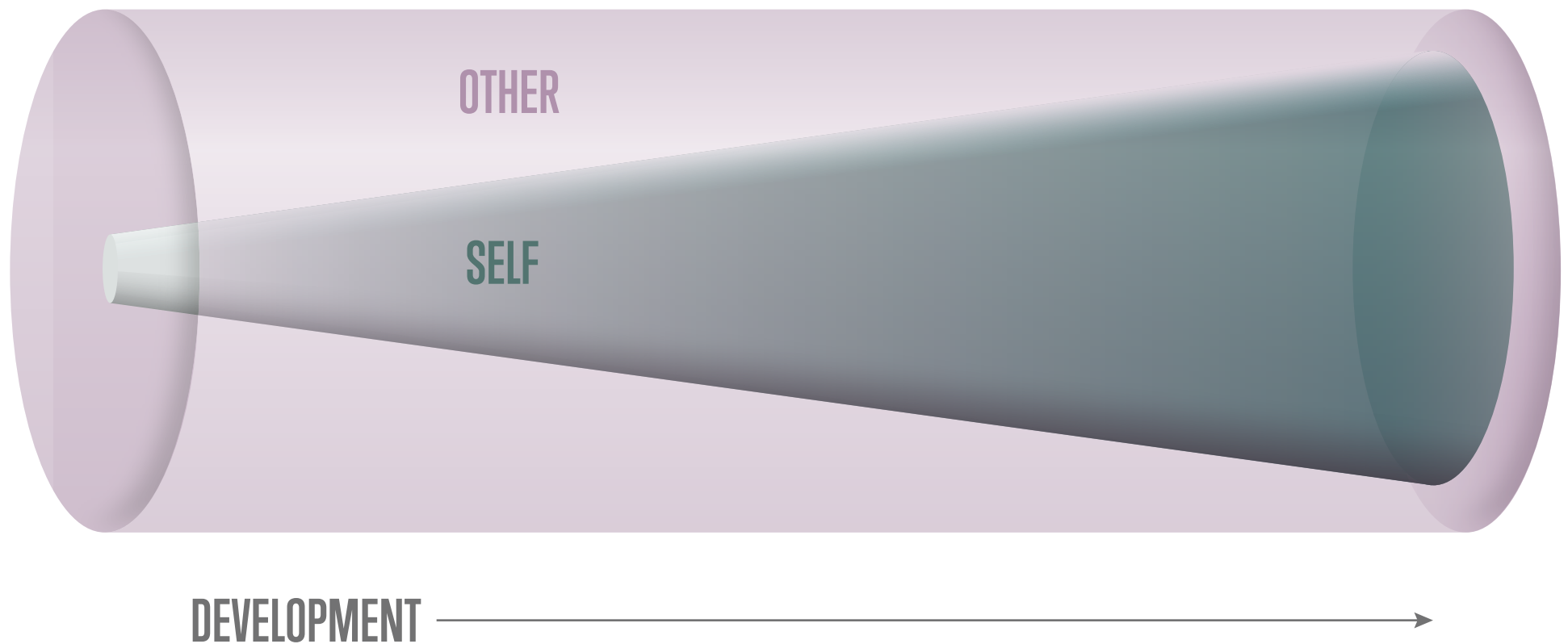


THE NEURORELATIONAL FRAMEWORK'S

Co-regulation Supports the Development of Self-regulation



THE NEURORELATIONAL FRAMEWORK'S Co-regulation Supports Self-regulation

In this diagram, the narrow end of the cone shows your child's limited capacity to self-regulate (get green again) when they are born.

Babies can close their eyes, turn their heads, and put their thumbs in their mouth to self-comfort. You can see that on the left side, the space around the end of the cone is very large, to show that the infant needs more help from you, the parent. We call this co-regulation. As a baby, your child relied on you to discover what soothed them and helped them get back to green. The wide part of the cone shows us how, over time, your child will become more skilled at calming themselves (self-regulating). The amount of co-regulation (being green together) that is needed for your child may differ according to where they are at developmentally and what they are experiencing in their environment. If they are learning a new skill, for example, they may need more co-regulation. Or, if they have complex developmental needs, they may require ongoing co-regulation throughout their lifespan.