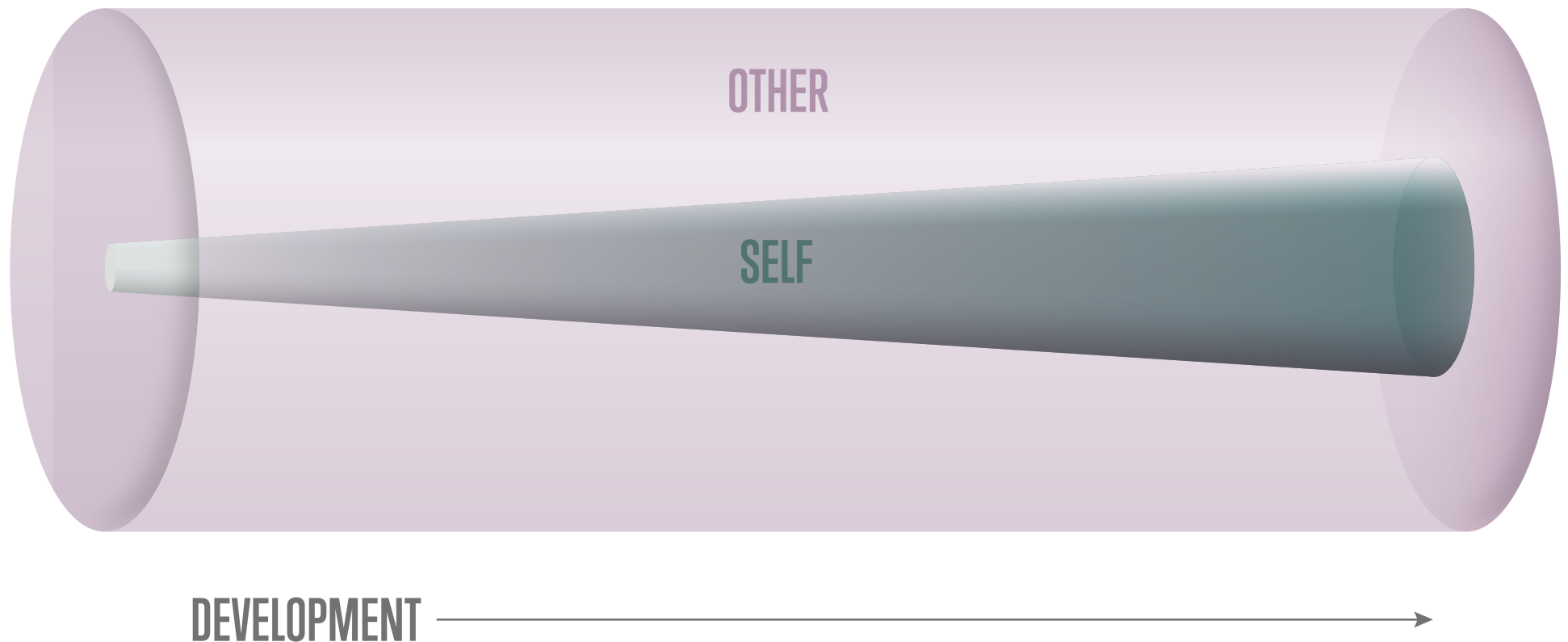


THE NEURORELATIONAL FRAMEWORK'S

Individual Differences in Self-regulation



THE NEURORELATIONAL FRAMEWORK'S Co-regulation Support Self-regulation - Complex Developmental Needs

This diagram illustrates how a child with complex developmental needs may require ongoing co-regulation throughout their lifespan.

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 the space around the cone remains large, to show that your child may need ongoing help from you, the parent, to get to green. We call this co-regulation. Over time, your child may become more skilled at calming themselves (self-regulating). However, children with complex developmental needs often require ongoing support. The environment and people around them need to match the person's capacities in all four brain systems to help them to be calm, alert and engaged with others.