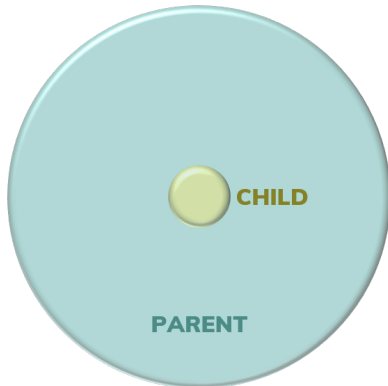


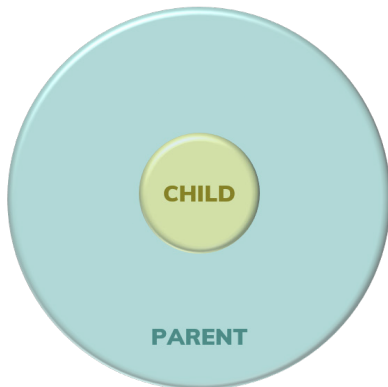
# CO-REGULATION

Children are not born with an ability to manage and regulate their emotions, so they rely on their parents for co-regulation to different degrees throughout the course of their life.



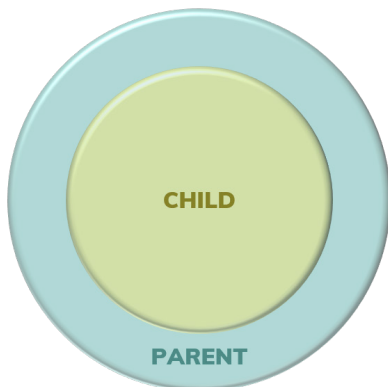
## INFANT

Parent regulates the child's feelings and behavior



## PRESCHOOL/ SCHOOL AGE

Child and parent regulate feelings and behavior together



## OLDER CHILDREN

Child regulates feelings and behavior with parental support

**The child's capacity to regulate feelings and behavior and their core sense of self develops over time like the rings in the trunk of a tree develop year after year.**