

# Co-Regulation Across Development

## How Caregivers Help Shape Self-Regulation from Birth to Young Adulthood

01

### Infants (0-2 years)

Infants need complete caregiver support (feeding, soothing, safety). Anticipate their needs and provide comfort.



02

### Toddlers (2-3 years)

Teach simple rules and words for emotions. Model waiting and strategies to remain calm.



03

### Preschoolers (3-5 years)

Rapid brain growth is a great time for learning. Teach problem-solving skills and emotional awareness; maintain consistent modelling strategies.



04

### Elementary (6-12 yrs)

Children start to gain control over their emotions and attention. Support their efforts, social skills, conflict resolution, and coping strategies.



05

### Adolescents (13-18 yrs)

This is a time of high emotion, reward-seeking, and limited planning. Provide empathy, monitor risks, and help guide decision-making.



06

### Young Adults (18-25 yrs)

These years mark transitions to independence. Play a supporting role by helping with planning, managing stress, and other job and relationship skills.



@willowandsagecounseling