

To learn more about co-regulation:

- **Why Do We Lose Control of Our Emotions?** - <https://www.youtube.com/watch?v=3bKuoH8CkFc> - A video appropriate for school-aged kids, by **Kids Want to Know**
- **50 Self-Regulation Activities to Empower Your Child to Calm** - <https://connectedfamilies.org/equipping-kids-calm-self-regulation/> - October 20, 2021, by **Connected Families**
- **The Most Important Life Skill to Teach Children: Self-Regulation** - <https://nurtureandthriveblog.com/how-to-teach-your-child-self-regulation/> - a blog post from **Nurture and Thrive** by Ashley Soderlund, Ph.D
- **Raising an Emotionally Intelligent Child: The Heart of Parenting** - <https://amzn.to/3vbWV6n> - by John Gottman, Ph.D of **The Gottman Institute**
- **Self Regulation Strategies** - <https://www.pbs.org/parents/thrive/strategies-for-teaching-kids-self-regulation> - December 7, 2017 - an article by Brandy Wells, LSW for **PBS for Parents**
- **How Can I Help My Child Heal From Trauma?** - <https://creatingafamily.org/adoption-category/adoption-blog/how-can-i-help-my-child-heal-from-trauma/> - an article from **CreatingaFamily.org**
- **There is No Such Thing as Self-Regulation with Robyn Gobbel** - <https://empoweredtoconnect.org/podcast/there-is-no-such-thing-as-self-regulation-with-robyn-gobbel/> - a podcast by **Empowered to Connect**

Provided by Creating a Family, the national adoption and foster care education and support nonprofit.