

Parent Co-Regulation Self-Check Quiz

A quick clarity check for parents who want calmer days and easier moments.

When your child dysregulates, their brain automatically looks to **your nervous system** for cues.

This checklist helps you quickly see:

- What regulation strengths you already have
- Where your stress is getting in the way
- Which co-regulation habits will make the biggest difference

Just **check what feels true today**—no scoring, no guilt.



Co-Regulation Checklist

1

How Regulated Am I?

- I notice when my own body is getting tense or activated.
- I can pause before reacting (even for a second).
- I have one or two calming reset tools I actually use.
- I can recover my calm after my child escalates.
- I don't immediately match my child's big energy with my own.

2

How Present Am I During My Child's Hard Moments?

- I can stay nearby instead of withdrawing or pushing too hard.
- I use a softer voice or slower pace to help my child settle.
- I validate feelings before I try to fix anything.
- My child usually settles faster when I'm calm and close.
- I can be a calm anchor even when I'm frustrated.

3

How Do I Handle My Triggers?

- I know the behaviors that pull me into reactivity.
- I remind myself that “defiance” or “meltdowns” are dysregulation — not disrespect.
- I don’t take my child’s behavior as a personal attack.
- I can step away briefly instead of exploding.
- I try to repair after a tough moment without shame.

4

What Happens After the Meltdown?

- I wait until my child is regulated before teaching or correcting.
- I can hold boundaries without yelling or lecturing.
- I focus on connection first, consequences second.
- I keep routines and expectations simple and predictable.
- I notice small signs of progress (even tiny ones).



What Your Checks Mean

The goal isn’t to check every box.

The goal is to understand **where your nervous system needs support** so you can become the calm your child borrows.

If you checked:

- **Many boxes** → You’re actively co-regulating, even on hard days.
- **A mix** → You’re building the skills—awareness is huge.
- **Only a few** → This is your roadmap. Small shifts create big changes.

You are not behind.

You’re becoming more aware—and awareness leads to regulation.

Your Next Step

Try the **Solution Matcher** to get a clear path for your child’s nervous system and simple steps for calmer days.