



Co-Regulation Handbook

Chapter 12 – Practice Set 2: Adjusting Complexity

As you use co-regulation and declarative language, it is important to read your child's cues in the moment. You may notice things are too challenging because you are needing to prompt attention and next steps frequently. Or, you may notice things are too easy because your child has mastered their current role and is starting to feel bored. In this practice set, you will think about how to scale back or change your child's role to keep them competent when things are too hard, and then think about how to transfer responsibility when their role seems too easy.

1. Folding a towel - Your role is to hold one end of the towel, and your child's role is to hold the other.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

2. Making a salad - Your role is to cut the vegetables and your child's role is to place them in the bowl.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

3. Doing laundry - Your role is to hand an item to your child, and their role is to put it in the washing machine.

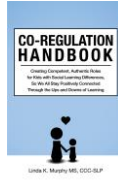
Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

4. Putting laundry away - Your role is to fold, and your child's role is to place the item in its appropriate drawer.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?



Chapter 12 – Practice Set 2: Adjusting Complexity

5. Changing batteries on a flashlight - Your role is to use the screwdriver to open the panel and your child's role is to place batteries in their appropriate location.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

6. Playing a card game - Your role is to shuffle, and your child's role is to deal the cards.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

7. Shoveling snow outside your home - You have two shovels, so your roles are to be shovelers together.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

8. Taking the dog for a walk - Your role is to hold the leash, and your child's role is to decide which direction to go.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?



Chapter 12 – Practice Set 2: Adjusting Complexity

9. Watering plants - Your role is to fill the watering can, and your child's role is to water each plant.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?

10. Helping your child with their math homework - Your role is to look at their book and read the problem out loud, and their role is to write it in their notebook.

Situation 1: This role is too hard for your child. How could you change roles to keep them competent?

Situation 2: Your child is starting to feel bored and they are ready for more of a challenge! What aspect of your role could you now transfer to them?