



Co-Regulation Handbook -- Chapter 13 – Progress Tracking Sheet

Here is a progress tracking sheet with 13 different things you may notice as you set out to implement co-regulation with your child. Be sure to complete this before you get started to document an accurate picture of your baseline attitudes and perceptions, and then complete it every so often so you can appreciate and celebrate your progress and change.

Date:	Not True	Somewhat True	Very True!
I understand the idea of competent roles.			
As I invite my child to join me in a routine, I thoughtfully create and offer them a competent role.			
I understand that when there is a breakdown in our exchange or shared routine, it is likely because my child does not yet have a competent role, or a role that they perceive themselves to be competent in.			
I am becoming skilled at adjusting roles to maintain my child’s competence when there is a breakdown.			
I am not afraid of breakdowns and am becoming skilled and patient at making repairs.			
I am engaging my child in more daily routines because I understand how to create competent, contingent roles for them.			
I see my child initiate or accept increased responsibility spontaneously or more readily when given the chance.			
I am comfortable with silence and reading my child’s cues in the moment. Our feedback loop is getting stronger.			
I approach competitive games or contexts with understanding and create manageable opportunities for my child to build their resilience in this area.			
I feel comfortable facilitating peer interactions for my child because I understand how to create competent, contingent roles between two children (my child and a peer).			
Interactions with my child feel balanced. I am not taking over their role or over-prompting, and they are not taking over my role.			
We enjoy our time together and I understand that sometimes just “being together” is important and enough. We are forming memories as partners.			
I understand how to use declarative language to name roles, guide learning, and help my child know what may be important in the moment.			

Your child trusts that you will always support them to be competent. And because they feel competent, they are willing to go outside their comfort zone and try new things, with you at their side.