

THE INTERSECTION BETWEEN **COMMUNICATION** & **REGULATION**



PROACTIVE STRATEGIES

integrate into daily routines to support regulation

- **Use visuals** to support communication
- **Be clear and concise:** label what you notice, share what it might mean, offer suggestions if needed
- **Model and practice language and vocabulary** around sensory, cognitive, and emotional regulation in play and daily events
- **Attend to all sensory modalities:** auditory, visual, olfactory, oral motor/taste, tactile, proprioceptive, vestibular, interoceptive
- **Build executive function skills:** inhibitory response, turn-taking, working memory, attention/focus, problem-solving
- **Expand emotional vocabulary and practice modulation,** anticipate and practice for big emotions
- **Respond to requests around regulation needs** as they arise

RESPONSIVE STRATEGIES

reminders and supports for moments of dysregulation

- **Reduce speech** to essentials
- **Provide visuals** to show options for supports
- **Go to deep proprioceptive and/or oral motor sensory strategies** if other strategies are not clearly indicated
- **Make a note!** What happened leading up to dysregulation?
- **Modulate your own response:** breathe, know your own go-to strategy for self-regulation, and tag another adult if necessary
- **Climb up to the cognitive brain**
- **Your teachable moment will come later,** when regulation supports learning and communication