



Parent Pages

October 2026

Welcome to the latest edition of **Parent Pages**, 'Connected and Calm' featuring tips on co-regulation; for when our children need support to bring them out of **dysregulation** (often referred to as a 'temper tantrum' or 'meltdown'). When our children are angry or sad, particularly when these feelings feel big and/or overwhelming, we can struggle, as parents, to not only understand (because often it appears to be over something trivial!) but to help them cope and manage in that moment. We may feel angry, irritated, frustrated or even triggered, which then makes it near on impossible to help our children at that moment. Co-regulation isn't about stopping these big feelings, its about **supporting** your child through them.

Children need opportunities to **experience** these big intense emotions such as; disappointment, anger, sadness and frustration. The goal is to help them experience those emotions **safely** and support them to learn ways of managing them, not to **prevent** every upset.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best wishes,
Katie Kirby,
Family Support Worker

Parent Focus ~ Connected and Calm



Co-regulation is described by The [Child Mind Institute](#) as 'a shared process where two people use a calm and supportive **connection** to help soothe stress and manage big emotions'. It's when one persons calm nervous system and helps settle the agitated nervous system of another person. We do it for babies; they cry, we pick them up, rock them, pat them, soothe them and often **instinctively** hold them against us making "sshing" noises to calm their nervous system. Yet, we often don't realise that just because these babies grow, they still require some level of dependency to coregulate. We are (probably) all guilty of just expecting our child to know how to soothe themselves, or we try and bribe our way out of it, (who hasn't grabbed the chocolate buttons out of desperation to stop the whinging sometimes?!) but actually that's not helpful for them. Our children need to understand; not only is it normal to feel this way at points through their lives, it's actually ok for them to feel that way. We need to help them **understand** and manage these feelings whilst ensuring they feel safe and therefore better equipped to **manage** these big feelings as they grow up.

Children are still developing the skills they need to **comprehend** and regulate big emotions, so they often need us to "lend" them our calm until they are able to find it for themselves. Remembering that helpful phrase "**behaviour breeds behaviour**" is useful in this moment, as I'm sure we have all experienced; if we find ourselves getting triggered or frustrated in moments of these big feelings, this then spills over to how we talk or act towards our children. They will this then and then react which escalates the situation and results in everybody shouting/screaming and crying. If we are able to stay **calm** and regulated you will notice the difference in how your child responds to you, subsequently ending the period of frustration a lot quicker, as they take their cues from the adults around them. When we stay calm and connected, we help our child's nervous system settle and gradually build the skills they need to regulate their emotions independently. It is especially important in the early years, but older children and teenagers can still need co-regulation when emotions are intense (particularly with hormones rushing round their bodies and confusing things further for them). This doesn't mean we need to be (or can be!) calm all the time, but these moments of intensity are especially important.

When a child is **overwhelmed**, their ability to listen, think, problem-solve, and respond to explanations and reasoning can be reduced (as discussed in 'The Window of Tolerance' from last month's Parent Pages). Helping them become calm and regulated needs to come before discussing what happened or teaching a lesson for it to be effective.

Some **top tips** for you to try and **connect before you correct** are:

- Get down to their **level** and in a calm voice acknowledge how they are feeling "I can see that you're angry/upset/frustrated, I'm here with you". Give them **space** and **time** before asking them questions about why they're feeling this way.
- Acknowledge but maintain, it is important to note that connection does not mean **relenting**. You can connect whilst maintaining **boundaries** "I can see that you're angry, but I will not let you hit me/talk to me that way".
- Stay nearby, ask if they would like a **cuddle**, sit nearby and take some **deep breaths**. Try and encourage your child to do this too, although if they are still feeling angry they may not feel ready too yet.
- Keep **language** simple, or feel comfortable with the silence whilst you give your child the **space** they need to calm down. This will be more effective than a telling off.
- Once your child has had chance to calm, **explore** with them what happened. "What made you feel that way?", "Why do you think that happened?", "What would you do if it happened again?"

After the event; try to identify patterns rather than just focussing on the event itself. Are they tired, hungry, thirsty, frustrated or struggling with transition or sensory overwhelm? **Understanding** triggers can make **prevention** easier in the future. **Reflect** and repair, if you got frustrated and shouted revisit that with your child "I shouted earlier. I was frustrated, but shouting wasn't helpful. I'm sorry. Let's try again". This role models accountability and repairing relationships. Be aware of language and developmental **milestones**, your expectations and language with a toddler will differ and evolve as they grow. Moving from directly supporting your child to regulate to, "Let's work out what helps you to regulate yourself".

Mrs Katie Kirby - Family Support Worker

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Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information.



Owls by Moonlight
 Saturday 26 September | Saturday 3, 10, 17, 24 October 2023
 Doors open 5.30pm | Flying display commences 7pm

Join us for a special evening with our owl! As night falls, you'll experience our mystical owls and witness their graceful, silent flight in and out of the darkness over our Savannah Arena and amongst mysterious woodland.

Before the flying displays, there will be chance to explore parts of our grounds to meet some of the other owls in our care, where you'll get you an insight to some of the conservation and research projects that we undertake with British owls.

Complete your evening out with some delicious food and drink before meeting our owl! Fiddlers Restaurant will be serving a delicious menu to keep you feeling warm throughout the evening.

The evening will include two different flying displays in our Woodland and Savannah Arena. These evenings are very popular, so book early. Come along wrapped up warm, and step out into the darkness with our owls.

Tickets: £23.50

[SELECT A DATE AND BUY / BOOK THIS EVENT](#)



EMPOWERED
 SUPPORTING NEURODIVERGENT CHILDREN
 Empowering their families

A FAMILY EVENT FOR THE PARENTS AND CARERS OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Join us for an afternoon of understanding, practical strategies and real support. Hear from experts and lived experience speakers, connect with other families, and discover resources that can make everyday life a little easier.

WHAT TO EXPECT

- EMPOWERING PARENTS AND CARERS
- LIVED EXPERIENCE
- EMPOWERED YOUNG PEOPLE
- EMPOWERING COMMUNITIES

WHO IS IT FOR?

- Parents and carers
- Neurodivergent and family members
- Professionals and educators
- Anyone supporting a neurodivergent child or young person

When families feel informed and supported, children thrive.

BOOK YOUR TICKETS ON OUR WEBSITE
<https://www.yateleyschool.co.uk/empowered>
 Email: admin@yateleyschool.co.uk



Yateley Swimming for Disabled
 Supporting Our Community

For All Visible and Non-Visible Disabilities

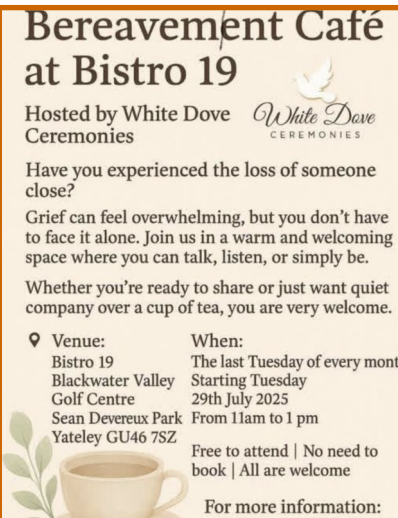
Non-Visible:
 Mental health, Autism and Asperger's, Cognitive impairment, including dementia, traumatic brain injury, or learning disabilities. Health conditions, including diabetes, mild to chronic pain or fatigue, respiratory conditions.

Please Come and Join Us Every Friday at Yateley School Pool. 7pm - 8pm

**£20 per month by S/O or Cash
 £6 per week guests
 Yearly Membership fee £20, payable in February, if you join later in year, pro rata**

Hoist is available and Disabled changing rooms

Contact: Jean Poolton 01252 671622
 Joyce Fisher 01252 874 024



Bereavement Café at Bistro 19

Hosted by White Dove Ceremonies

Have you experienced the loss of someone close?

Grief can feel overwhelming, but you don't have to face it alone. Join us in a warm and welcoming space where you can talk, listen, or simply be.

Whether you're ready to share or just want quiet company over a cup of tea, you are very welcome.

Venue:
 Bistro 19
 Blackwater Valley Golf Centre
 Sean Devereux Park
 Yateley GU46 7SZ

When:
 The last Tuesday of every month
 Starting Tuesday 29th July 2023
 From 11am to 1pm

Free to attend | No need to book | All are welcome

For more information:
 Call Trish - 07786 017177



ECO EXPLORERS CLUB

Halloween Wizard School in Aldershot and Farnborough
October 24th - October 25th

Quick reference family support & helplines....

Useful websites...

If you find yourself needing support you could click the links below for information you may find useful:

- ⇒ [ParentKind](#) [Parentkind](#)
- ⇒ [Chat Health](#) [Chat-Health](#)
- ⇒ [Togetherness](#) [TOGETHERNESS](#)

Helpline... Mind



Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends. Mind also has a network of local associations in England and Wales to which people can turn for help and assistance.

Info Line: **0300 123 3393 to call, or text 86463**

Lines are open Monday to Friday 9am to 6pm (except bank holidays).

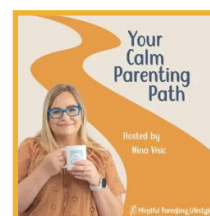
www.mind.org.uk

Email info@mind.org.uk

App Recommendation of the Month... Your Calm Parenting Path

Click [here](#) for Spotify

Click [here](#) for Amazon Music



Click [here](#) for Apple Podcasts

This app offers practical episodes with actionable tips for calmer parenting, expert insights from those who work with children, real stories from parents who have made meaningful changes, and inspiration to reconnect with yourself while showing up as the parent you want to be.

Whether you are feeling overwhelmed by daily struggles or simply looking for a more mindful approach, each episode offers practical tools to help you feel calmer, more confident and more connected with your children.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests.