

Understanding Cues



The same cue could mean different things in different children and situations.

Trauma adds to this uncertainty.

My experience may not be the same as the child's experience.

We have separate minds.

When you **seek to understand** the child's cues, it will become easier to respond more sensitively.

When you are able to **respond more sensitively**, it will become easier to help the child regulate.

When the **child is better regulated**, it will become easier for you to stay regulated, too.

