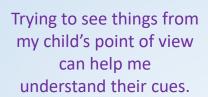
Understanding Cues



This skill is called perspective-taking.

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

We have separate minds.



When I notice cues, my role is to try to figure out what they mean.
I can put on my reflective spectacles, or actively try to see things from my child's perspective.

When you seek to understand your 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 your child regulate.

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



