

Responding in Cool Moments

In cool moments, you can build your relationship with your child by following their lead in play.

To follow your child's lead in play:

- **Observe.**

Take a moment to watch what your child is doing.

- **Copy and build.**

If your child is open to it, do something similar or build on what they are doing.

- **Narrate.**

Occasionally describe what your child is doing like a play-by-play announcer.



This foundation makes it easier to co-regulate together in **hot** moments.

There are so many benefits to following your child's lead in play!

- Promotes positive moments and strengthens your relationship with your child.
- Encourages your child's efforts to explore, try new skills, and take healthy risks with your support.
- Strengthens your child's self-regulation skills as they practice managing their behavior, feelings, and thinking processes with your support.

