

Responding in Cool Moments

Building synchrony (or rhythm) in **cool** moments creates a foundation for co-regulation in **hot** moments.

Synchrony refers to back-and-forth interactions that are reciprocal, mutually responsive, and develop a rhythm.

Following the child's lead in play helps build synchrony:

- **Duplicate** by copying or mirroring the child's behavior.
- **Elaborate** by building upon the child's previous response while still remaining connected to that previous response.



Synchrony can regulate both you and the child!

For young children with a history of trauma

Building synchrony may take more time.

It is not being perfectly in sync that matters, but rather your ability to recognize when you fall out of sync and make repairs.

Out of sync moments present an opportunity to strengthen the relationship when repairs are made.

