

Understanding Cues

Trying to see things from my child's point of view can help me understand their 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.