

# 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.

