

Connect “Knowing” and “Doing” after Sprouts PD

Use pictures or words to document how you are using these skills in your work.

- **Planning to use the skill in the future?**
Remember to note the specifics of your intention: who, what, when, and where!
- **Documenting when you used the skill recently?**
Be specific about how it went. What was a success about this moment? What was challenging?

1 Use **intentional observation** to recognize the cues of a child, parent/caregiver, or co-worker.

2 Use **perspective-taking** to understand (or seek to understand) the cues of a child, parent/caregiver, or co-worker.

3 In a **hot** moment with a child, parent/caregiver, or co-worker, first center yourself. Then connect and provide calming experiences for the other person.

4 In a **cool** moment with a child, try following their lead in play by duplicating and elaborating.