



SPROUTS

Build children's **self-regulation skills** through **nurturing relationships** and **co-regulation**.

Recognizing cues

Skill: Intentional Observation

- Slow down.
- Watch carefully.
- Notice cues.



Gaze &
State of
Alertness



Facial
Expressions



Vocalizations



Motor
Movements



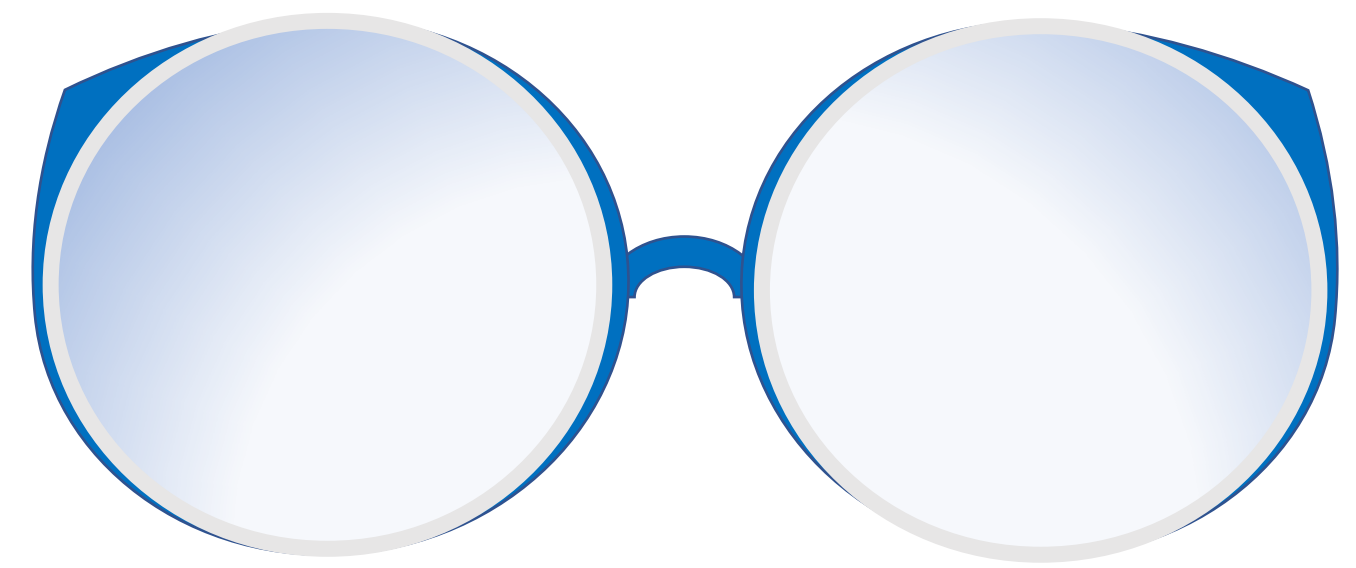
Head & Body
Position



Understanding cues

Skill: Perspective-taking

- Wonder and reflect on the child's point-of-view.



- Remember their reactions may be influenced by current *and* past experiences.



Responding in **hot** moments

Skill: **Center, connect, calm**

- Center yourself.
- Connect with the child and provide them with calming experiences.



I've got
you.



Try comforting them and/or managing their environment.

Responding in **cool** moments

Skill: **Follow the child's lead in play**

- Observe first.
- Then duplicate (*mirror*) and elaborate (*build*) on the child's play.
- Stay actively engaged without taking over.

