



Caregiver Resources

H-U-G-S Interaction Style resources include a set of resources for caregivers. Caregiver resources can be accessed by scanning the QR code below or by visiting [FIPP.org](https://fipp.org).

H-U-G-S Responsive Caregiver Strategies Manual: An abbreviated *H-U-G-S* manual for caregivers to use as they implement the *H-U-G-S* Interaction Style. It explains the *H-U-G-S* approach—Hear, Understand, Give, and support Social-Emotional learning—using everyday examples. It offers practical tips to help caregivers respond calmly, understand their child’s needs, and build positive communication and emotional skills.

The appendices listed below include easy-to-read infographics that share helpful tips for supporting a child’s social-emotional learning. Caregivers can use these tools to better understand the *H-U-G-S* approach and find simple ideas to use during everyday moments with their child.

Communicating With Your Child Using H-U-G-S: All behavior is a form of communication. This infographic introduces how *H-U-G-S* helps caregivers respond in ways that build learning and connection.

Tune In and Hear Your Child’s Cues: Children send messages through actions, sounds, and expressions. This resource helps caregivers notice and understand those cues.

Let Your Child Know You Understand: Saying what you see and hear helps children learn words for their thoughts and feelings. This infographic shows how to reflect understanding.

Give Your Child Support: Every message deserves a response. Learn how to offer support, choices, and guidance while showing your child they were heard.

H-U-G-S Strategies to Achieve Social-Emotional Learning: Daily interactions matter. This infographic brings all the *H-U-G-S* strategies together to support emotional growth and communication throughout the day.

Communicating With Your Child by Co-Regulating: Children feel safer when caregivers stay calm. Learn how your voice, touch, and routines can help your child settle and feel supported.

Emotion Words for Caregivers: Talking about feelings helps children understand their emotions. This infographic shows lots of words caregivers can use to help children develop strong vocabulary.

Visit the [H-U-G-S Responsive Caregiver Strategies](https://fipp.org/prof-development/tools-and-products/to-the-point/for-families/h-u-g-s-responsive-caregiver-strategies/) webpage for more information and additional resources.

Webpage: <https://fipp.ncdhhs.gov/prof-development/tools-and-products/to-the-point/for-families/h-u-g-s-responsive-caregiver-strategies/>

