



Communicating With Your Child




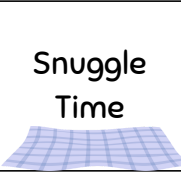

HUGS Strategies to Achieve Social-Emotional Learning



All Behavior is Communication

Children learn how to understand their emotions and communicate them by spending time with caregivers who are calm and consistent. Try using these **HUGS** strategies throughout the day to help your child learn social-emotional skills.



	Hear	Understand	Give
 Mealtimes	The child is reaching for their chair and making sounds.	"You are trying to get into your chair, you're ready to eat."	"It is time for supper, let me help you climb up in your chair."
 Dressing	The child pulls a shirt from the drawer and drops it on the floor.	"You want to wear this shirt."	"Do you want to put it on yourself, or do you want daddy to help?"
 Bathtime	The child tries standing up in the bathtub. You notice they are looking at the toy that floated away.	"You want your toy. It floated away."	"When you sit down, I can get it for you."
 Snuggle Time	The child reaches up their arms to be picked up.	"You want to be picked up."	"I'll pick you up, and we can read a book together."
 Outside Play	The child is looking out the window and pointing.	"You want to go out to play."	"Go get your shoes and we can go out to the swings."

Practicing these strategies throughout the day, helps your child learn to communicate in a positive way.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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