

# Communicating With Your Child Using



Hear



Understand




Give





Social-Emotional Learning


## All Behavior is Communication

Caregivers can tune in to their child's actions and cues to understand their message. Below are the strategies to help caregivers increase a child's social-emotional learning during daily interactions.

 **H**ear the Child's Cues  
Watch and listen to the child. Look for the message in the cues they are sending. Think about the possible meaning behind the action.

 **U**nderstand  
Put words to the message the child is sending. Let the child feel heard and understood. Use simple words that say the message.

 **G**ive an Answer  
In a calm voice, give an answer to their message. Provide a choice, offer something different, or give them a time when it might happen. It gives the child a chance to problem-solve with the caregiver.

 **S**ocial-Emotional Learning  
Children learn self-regulation through caregivers co-regulating with them. Caregivers should stay calm and use the words they want the child to use.

When you and your child are communicating, give your child **H-U-G-S**



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



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