



Communicating With Your Child Using HUGS Strategies

Consistently to Achieve SUCCESS

Children learn social-emotional skills by interacting with adults who are predictable and responsive. When adults Hear their child's cues, let their child know they Understand what the child is communicating, and Give the child a clear response they can understand, the child learns to interact calmly and predictably.

Try using H.U.G.S. throughout the day to help promote positive social-emotional interactions.

	Hear	Understand	Give
Mealtime	Your child is reaching for their chair and grunting.	"You're trying to get into your chair, you're ready to eat."	"It is time for supper. Let's pull out your chair and you can climb up."
Dressing	Your child pulls a shirt from the drawer and drops it on the floor.	"You want to wear that shirt."	"Do you want to put it on yourself, or do you want Daddy to help?"
Bathtime	Your child tries standing up in the bathtub to get to his toys at the other end.	"You want your toys. They floated away."	"Sit down and I'll help them float back to you. "

	Hear	Understand	Give
Snuggling	Your child reaches their arms up to be picked up.	"You want to be picked up."	"I'll pick you up. Do you want to sit on my lap while we read a book together?"

- Developing new thought patterns and habits takes time, keep practicing.
- The more you practice, the more practice your child gets learning to communicate in healthy ways.
- Practice in multiple situations, making the strategy transferable.
- It is easier to be successful during challenging times if groundwork has been laid during the calm times.

Frequent and consistent practice throughout the child's everyday activities and routines builds self-regulation.

Success!!