



HUGS Interaction Style

Coaching Caregivers

The HUGS Interaction Style is an effective way for caregivers to co-regulate with a child. Professionals can use coaching to help caregivers learn and become proficient at using HUGS.



Hear

Ask the caregiver to identify what they think the child is trying to tell them through the behavior.

- What do you think he is trying to tell you?
- What's the message behind this behavior?
- What does this behavior mean?
- What would he be saying if he could say it?

Share information or ideas if needed



Understand

Prompt the caregiver to put words to the message and let the child know that the caregiver understands.

- Based on what you think the behavior means, what words can you put to it?
- How do you want to let him know you understand what he is telling you?
- What words convey how he might feel?
- What words would he be saying if he could say it?

Share information or ideas if needed

Prompt the caregiver to try it.



Give

Ask the caregiver how they want to respond to the message.

- How do you want to let him know your answer?
- What choices could he have?
- What alternatives can you give him?

Share information or ideas if needed

Prompt the caregiver to try it.

Reflect:

- How did it work?
- When else can you use this strategy?



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



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