



# Communicating With Your Child Using H.U.G.S.

Hear ~ Understand ~ Give Support ~ Success

Young children who don't yet have language or social skills to communicate their feelings, needs, and wants use behavior as a way to communicate. Caregivers can tune in to a child's actions, body language, and words to know what a child is "saying" before responding. Try these steps to help your child learn social-emotional skills during everyday interactions.

## Hear Your Child

- Observe your child's behavior and identify what your child might be trying to communicate.

## Understand

- Let your child know you understand the message. Put words to what your child is "saying."

## Give an Answer

- Let your child know your response to their message. Phrase it positively, even if you are giving an answer that is different than what the child wants.

Success comes with repetition.

- Find other times to hear, understand, and give responses to other behaviors your child uses to communicate, not just the challenging ones.

When you and your child are struggling to communicate with one another, try giving your child H.U.G.S.