



JOINT PLAN FOR USING HUGS RESPONSIVE CAREGIVER STRATEGIES

Before helping the child regulate his/her emotions, regulate your own emotions by doing one or more of the following.

Before a stressful interaction occurs:

- Take a deep breath
- Count to ten
- Smile
- Tense and relax the body
- Engage in positive self-talk

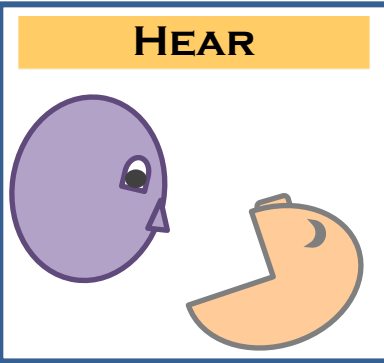
During a stressful interaction:

- Use a neutral voice
- Lower voice volume
- Get closer to or take a step back from the child
- Bend, squat, or sit at the child's level
- Use fewer words

Which **hear**, **understand**, **give**, and **success** strategies do you want to use to help the child communicate. List the responsive strategies that you want to use to teach the child how to communicate with you.

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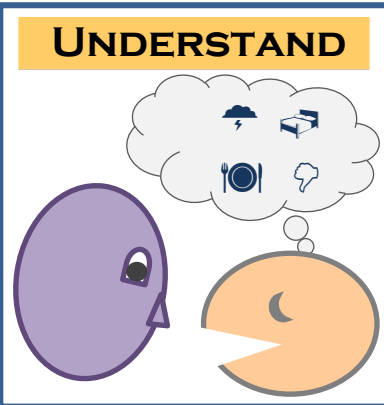
Tune-in and **hear** what the child wants, feels, and is interested in.



Hear Strategies I Know...

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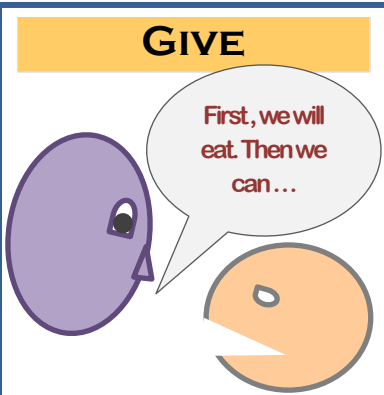
Let the child know you **understand** what he/she is communicating.



Understand Strategies I Know...

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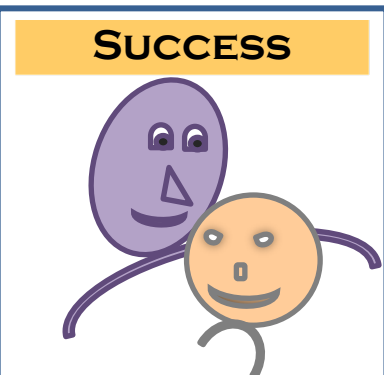
Give the child an answer to his/her communication using responsive strategies.



Give Strategies I Know...

S

Teach the child to be **successful** with using a new way of communicating during an interest-based activity or routine.



Success Strategies I Know...