

It's **SMARTEST** To Co-Regulate!

- 😊 Simplify your language
- 😊 Movement - slow your actions down
- 😊 Affect - match child's affect
- 😊 Reflect child's emotional intent
- 😊 Tone of voice - modulate for the situation
- 😊 Eyes and ears - listen with both
- 😊 Stop - wait for child to initiate
- 😊 Together - join child in their interest