

Slowing down and stretching out interactions

Published online February 16, 2016

Summary: We can keep our children in a longer back-and-forth interaction by slowing down and using non-verbal communication

- ✓ Be and stay connected in the moment with our children
- ✓ Look to our children for non-verbal cues of initiation
 - *Example: They stick out their foot or widen eyes with excitement*
- ✓ Patiently give our children time to respond to our initiations
- ✓ Accept all verbal or non-verbal responses without correcting
- ✓ Focus on the back-and-forth flow rather than the activity
- ✓ Use non-verbal communication including facial expressions, gestures, sounds, tone of voice as a response along with language to get in our children's faces in a playful way to entice a response
- ✓ Avoid asking questions which foster stop-and-start interactions

Link to this blog: <http://tinyurl.com/jlabffz>