Filming Interactions to Nurture Development

Serve & Return
Soothing

Taking care of a crying baby or an upset child can be hard work. It might help to know that when you soothe your child, you strengthen your relationship and help them to learn important skills, like self-regulation.

How does your child serve to show you he or she is upset?
A baby might cry, kick their legs or arch their back. A child might show you with their words, facial expression or behavior. These serves are your child’s way of trying to tell you something. When you notice and share your child’s focus, it gives you an opportunity to respond.

What are some ways you return those serves with support? You might pick your child up and soothe them by patting their back, singing or putting on music. Depending on what you think your child needs, you might feed them, change them or put them down for a nap.

What feelings do you name when your child is distressed?
They might be hungry, tired, wet, hot, cold, bored, frustrated or sad. When you name how you think your child is feeling, you help them learn to cope with emotions. It also strengthens your relationship.

When your child serves to show you they’re upset and you return that serve with support or naming, you’re building your relationship and their brain. These small moments make a big difference for your child.

Website: https://www.thefindprogram.org/