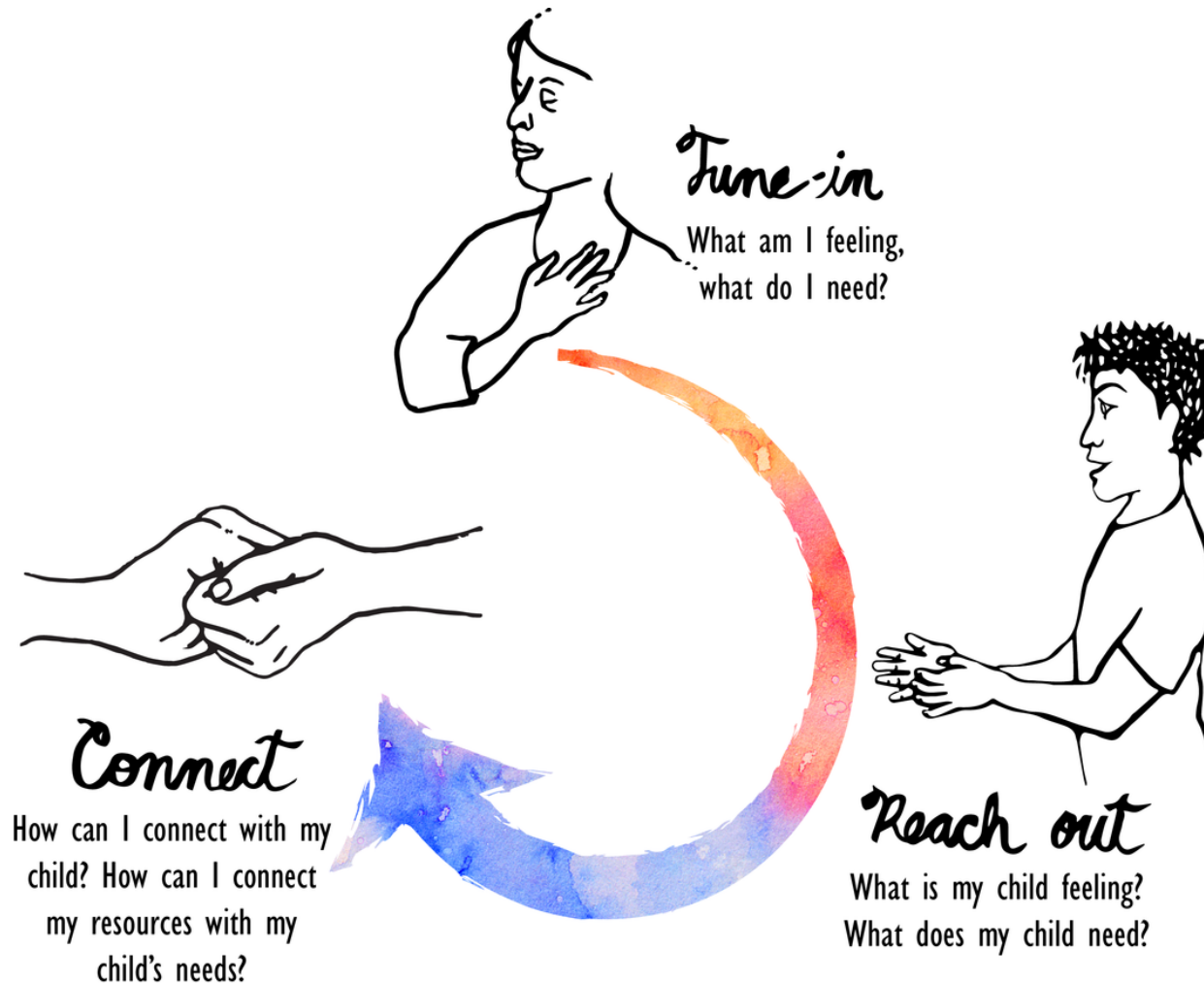




“Let’s Connect” - The Steps



“Let’s Connect” Slides from Monica Fitzgerald, PhD,
University of Colorado at Boulder – Institute of Behavioral Science.



Hand to Heart

Tune in - by placing one hand over your heart to recognize your emotional state and tap into the quality of your presence.

Reach out - with both hands extended to identify and respond to the child's feelings, needs, and perspectives.

Connect - your two hands together interlocking them to signify a successful connection. Feel confident that you have the necessary resources to attend to your needs as well as the needs of the children in your care.

