

INTRODUCTION TO



# Wait, Watch and Wonder

## WHAT IS "WAIT, WATCH AND WONDER"?

Wait, watch and wonder is a child lead therapy approach that will use your child's spontaneous energy to guide therapy. This will allow them to gain confidence, while learning to regulate their own emotional responses.

## WHY USE THIS APPROACH

Infants and Toddlers are often unable to express their feelings and frustrations which can cause outbursts and other unwanted behaviors. This can lead to functional problems with feeding, sleeping, and other daily activities. Wait, watch and wonder allows your child to direct you to express their feelings while growing towards independence.

# HOW TO USE WAIT, WATCH AND WONDER IN YOUR HOME

SET ASIDE 15 MINUTES A FEW DAYS A WEEK AND COMPLETE THE FOLLOWING STEPS

## 1. WAIT

- get onto the floor with your child
- physically define a clear play space
- do not initiate any activities or direct your child toward anything

## 2. WATCH

- respond to the activities your child has picked but do not take over
- do not correct or redirect their activity choices as long as its safe
- allow your child the ability to change activities as frequently as they desire

## 3. WONDER

- sit back and think about what has happened since you've let your child lead
- how can their decisions inform you about their thoughts and feelings

References

