

## ACTIVITY TIME!

Spend five minutes with your child. However, instead of trying to do something with her (or getting her to do something with you), just *observe* your child. Using the assessment questions, see if you can figure out whether she is giving you a red light or a green light. Important: Once you've figured this out, *don't do anything!* Don't try to bond if you see a red light or challenge if you see a green light. This is about observing your child. As you are observing, fill out Table 11 by writing yes or no in answer to each question.

Assessment Question	Yes/No
Is my child isming? Is my child excluding me from what he or she is doing? Does my child seem rigid or controlling? Is my child non-responsive if I speak to him or her? Does my child move away when I touch him or her? Is my child making sure to move or turn away from me?	
Is my child looking at me? Does my child respond when I call his or her name? Does my child seem flexible (i.e. willing to change or alter his or her activity)? Is my child being physically affectionate with me? Is my child walking or moving over to me? Is my child involving me in his or her activity? If I make a request, does my child respond? Is my child speaking to me?	
Red Light? Green Light?	

Table 11