

Baby cannot regulate themselves in early life. In the first 3-4 months, baby relies on help from their caregiver to:

- Set up timing of social interactions
- Recognize routines/patterns
- Promote shared interactions early in life contribute to early regulation and better social skills later in life



Shared timing is part of the caregiver-baby relationship that occurs when the pair engage in back-and-forth interactions.

Helps baby learn to predict patterns of social interaction.

Caregiver and baby are continuously matching and mismatching.

Match Interactions

Occurs when baby and caregiver is able to respond to baby's cues at the appropriate times, e.g. baby coos and caregiver responds.

Mismatch Interactions

Occurs when the caregiver does not react to baby in a way they need in that moment e.g. there's too much interaction, too little, caregiver reads baby incorrectly, baby gets flooded, etc.

All caregivers and babies are constantly moving from matches to mismatches, which the caregiver then starts to repair.

Mismatches occur more often than matches.

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