

**Cognitive Self-Regulation:  
Video One**

Girl: Is this a cow?

Woman: No, it's a sheep. What's this?

Girl: That's a sheep.

Woman 1: This is a cow.

Woman 2: We just --

Woman 1: Almost in there. Can you get him in there?

Woman 2: There we go.

Woman 1: Hold on. I want to see.

Girl: It sounded.

Woman 1: It sounded again?

Woman 2: You want to take your apron off?

Girl: No. Leave it on.

Woman 2: She likes that apron.

Woman 1: Okay, leave it on. Okay, sweetheart.

Girl: Leave it on.

Woman 1: Okay, it's on. What other animals do you see? What is that?

Girl: A cat.

Woman 1: That's a cat? What's a kitty cat say?

Girl: Meow!

Woman 1: Yeah? Put it in there. See if it'll make the noise. Put your puzzle piece back in there. Oh. I think you got to put the puzzle piece in there.

Woman 2: Doesn't work without the puzzle piece.

Girl: I'm gonna push the button.

Woman 1: There's no button. You got to put the piece back in there.

Girl: Yeah. I put the piece back in.

[Cat meowing]

Woman 1: There you go.

Woman 2: Very good job. Your other role is that of a consultant. So when she has a conversation with you, you ask her questions and engage her in that. And you do a great job with that with her. And the other is as the authority. And this is the tough one for most moms because --

Woman 1: And for Dad.

Woman 2: Because [Laughter] Sometimes, we get that role backwards. But I think you did a good job with, with setting boundaries for her and disciplining [Inaudible].

Woman 1: [Singing] Old McDonald had a farm. Ee-I--Ee-I--Oh. And on that farm he had a cow. Ee-I--Ee-I--Oh. With a moo-moo here. And a moo-moo there. Here and there. there and there. Everywhere. Moo. Moo. Old McDonald had a farm. Ee-I-Ee-I-Oh.