

THE NEED TO BE SAFE AND SECURE

1. Soothe me

Even the smallest things that occur throughout the day in the life of a child indicate the degree to which they will be safe in the world and secure in themselves. The child is, in essence, proclaiming Soothe Me.

Common Behaviours

Difficult transitions \ Unclear boundaries with others \ Separation anxiety
Fear of change \ General health \ Bruises \ Obsessive compulsive behaviours

THE CHILD MAY FEEL

- Afraid of Change
- A fear when separated from you
- Insecure
- Scared
- anxious

SUPPORT THE CHILD

- Assist your child to feel safe by offering reassuring actions to them.
- Don't push them away.
- Teach them about their body and help them set clear boundaries in regard to physical touch.
- Teach them to ground through practices such as being in nature and meditation.

AFFIRM

It is safe for me to be here
I am open to the beauty of change