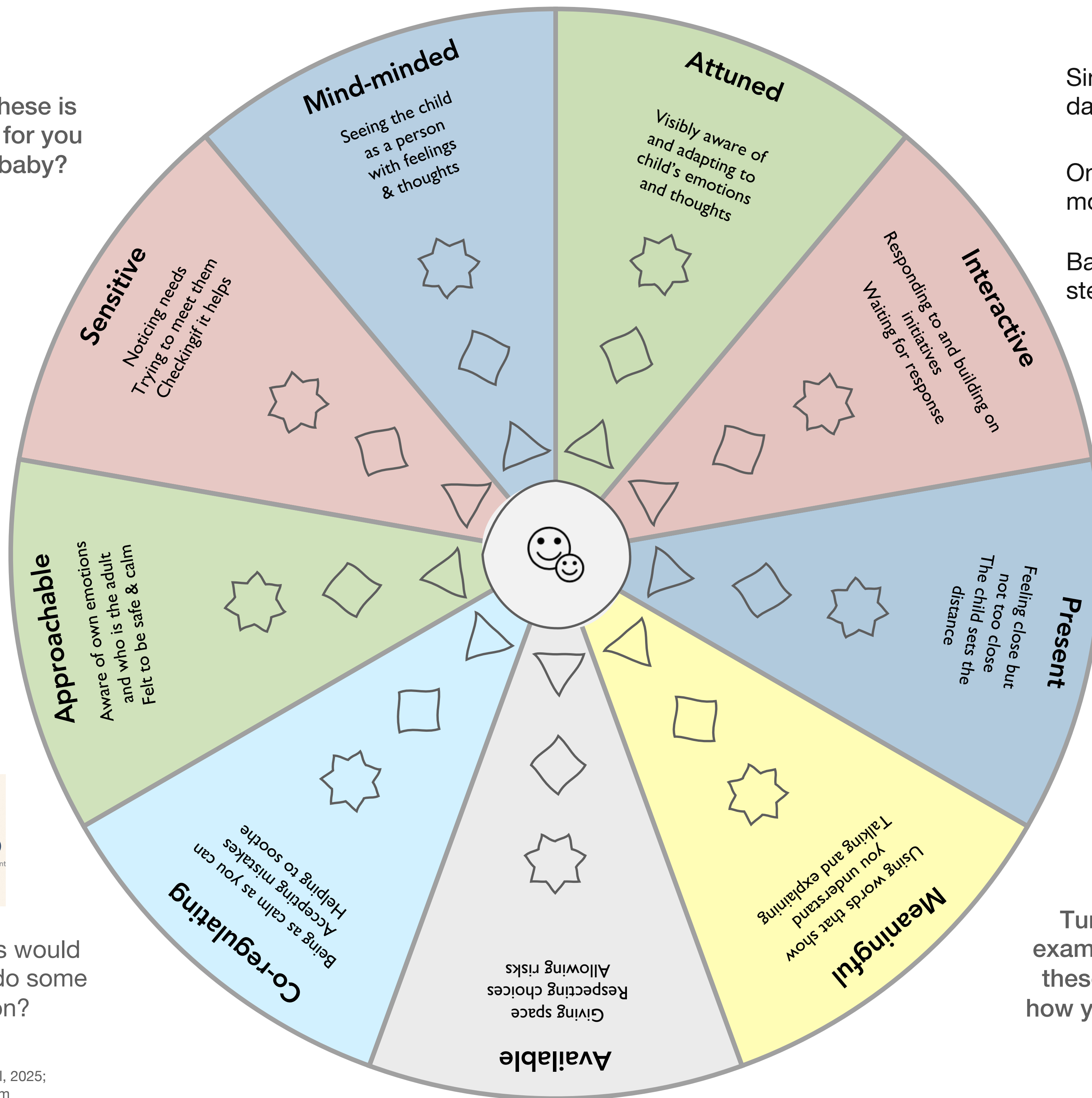


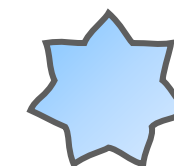
Which of these is going best for you and your baby?



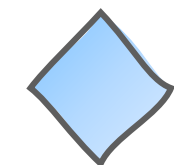
Which ones would you like to do some work on?



Singing & dancing



On the move



Baby steps



Turn over for examples of what these mean and how you might see them

Attuned?

You often know what I am feeling (or close enough!) and respond with words and actions that match it

When I am happy and laughing, you smile and play with me; when I am crying, you tell me you can see I am upset

Interactive?

When I do something, you respond – and then you wait to see what I will do next

I smile at you and you smile back. When I make sounds, you talk back to me. You give me lots of time to “answer” and then copy what I do ...

Present?

I know you are near and there for me, and you also give me space. You notice when I have had enough play and talk and when I am ready for more

When we play and talk, you give me all your attention. When you are busy, you chat to me, so I know you are with me

Meaningful?

You use words that show me you understand what I am feeling or thinking. You tell me about what’s going on, and point out interesting things

When I complain about being changed, or something else you talk about how it is ok and will soon be over! When we are out and about, you talk about what we can see

Available?

It feels like you are always ready when I need help. And you let me try out things for myself and do things my way!

When I cry, you help me as soon as you can. When I am trying new things (a crawl, a step) you let me do it and help if I struggle

Co-regulating?

You understand I sometimes need your help to calm down and feel better. If I do something wrong, you know it is only a mistake and are ready to help me

When I am upset, you soothe me – you know the more you do this, the sooner I can do it for myself. If I drop things or pull your hair you know I don’t mean any harm

Approachable?

Sometimes you feel annoyed, tired, low or frustrated – that’s ok! But to me, you look, feel and sound calm and safe.

When I am upset, you manage to stay quiet and calm so you can help me. You make sure you take care of your needs so you can look after mine

Sensitive?

You notice when I have a need, and do your best to work it out and help me. We learn together what works for me and how I let you know what I need

When I am upset you try and work out what’s up – tired, hungry, hot, bored? It’s ok if you get this wrong sometimes – what I notice is that you are trying to help

Mind-minded?

You see me as a person, although a very little person – I have thoughts and feeling and plans!

When we are chatting and playing, you match my feelings (laugh when I do) and use words about what we are feeling and doing. “That was funny!” “You’re playing with my keys!”