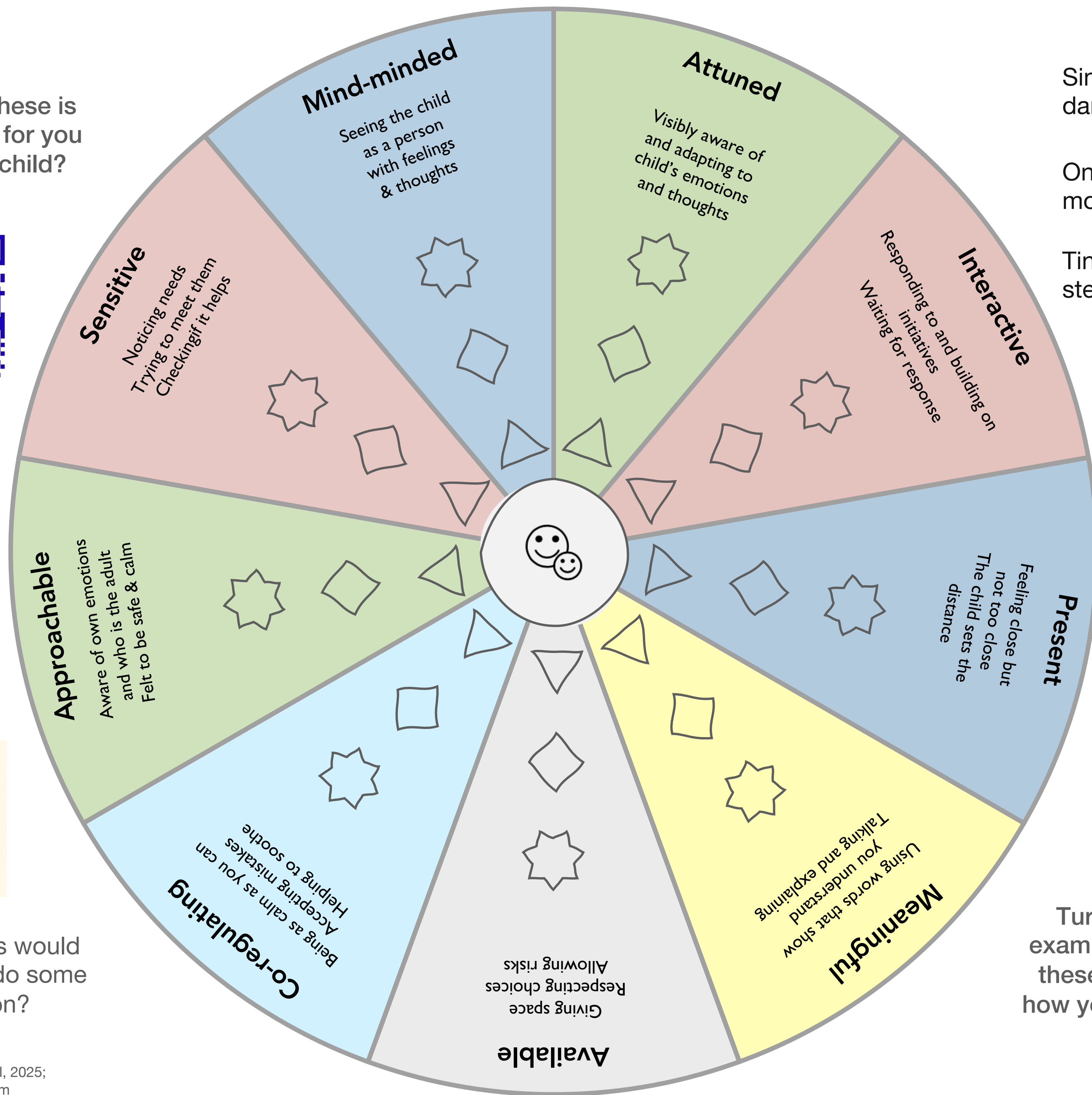


Which of these is going best for you and your child?



- Singing & dancing
- On the move
- Tiny steps



Talking, Walking and Onward

Which ones would you like to do some work on?

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 stressed, you talk about how I'm feeling & try to help me feel better - "you're feeling sad, shall we have a cuddle?"

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 chat, you chat back with me, taking turns and waiting for my reply. You watch me play and follow my lead in our play together

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're busy, you often chat to me, so I know you're with me. I love to hear what you are doing!

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

We find time to chat every day. You understand that when I do things you don't want, I'm trying to tell you how I feel. When you see this and respond with words and actions I feel safe. "You don't want the broccoli, that's ok...we can try again another time"

Available?

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

When I am upset, you help me as soon as you can. When I am trying new things you let me do it and help if I struggle – even if it is messy, or noisy or not playing "properly" "uh oh, it's stuck. Daddy can help"

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

If I'm upset you say "I see you don't like ..." or "I think you are feeling ..." and help me cope. If I'm jumping or climbing you understand I need to move and find good ways to do this "lets go outside" ... "lets jump together"

Approachable?

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

Whatever I'm doing, 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 want to stop now" or "you want more"