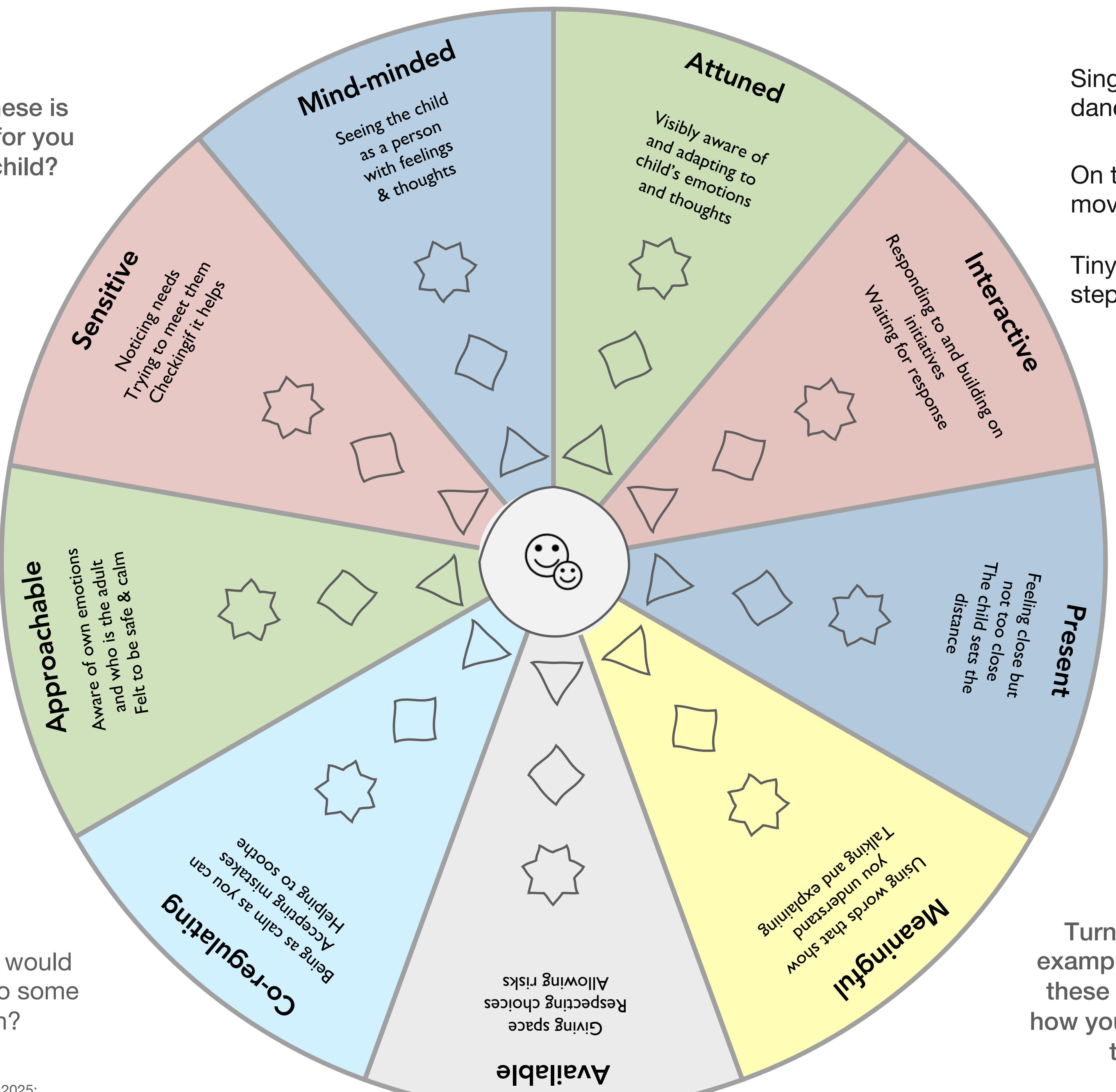


Which of these is going best for you and your child?



Which ones would you like to do some work on?



## 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?"*

## 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"*

## 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*

## 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*

## 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"*

## 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*

## 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!*

## 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"*

## Mind-minded?

You see me as a person, although a very little person – I have thoughts and feelings 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"*