

## Enriching Consistency:

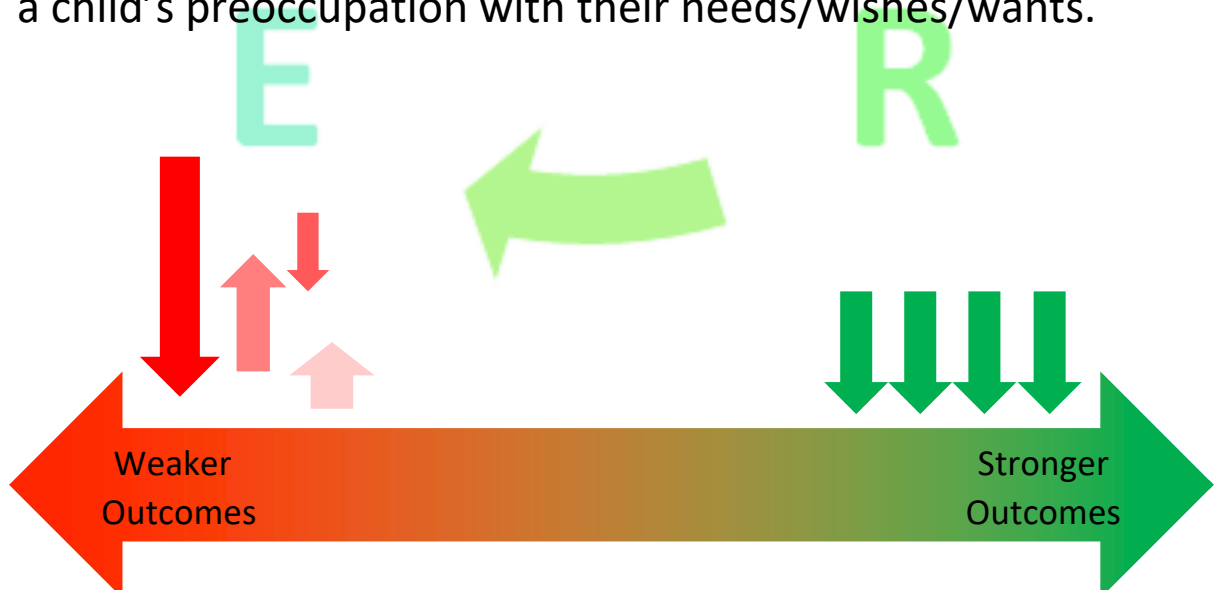
We all like to know what will happen, when it will happen, and how it will happen. Consistency supports cause-and-effect thinking, which allows us to predict the future. Consistency supports approaching life and relationships with confidence and trust.

In nurturing homes and relationships, children benefit from consistency.

Consistency supports learning about:

- how the world works and how to influence it;
- what can be expected in relationships and how to influence them.

Consistency is reassuring. It supports wellbeing. It reduces a child's preoccupation with their needs/wishes/wants.



**Enriching Consistency:**

What is already consistent in your home?

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What happens sometimes?

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Which 'sometimes' thing can be made consistent?

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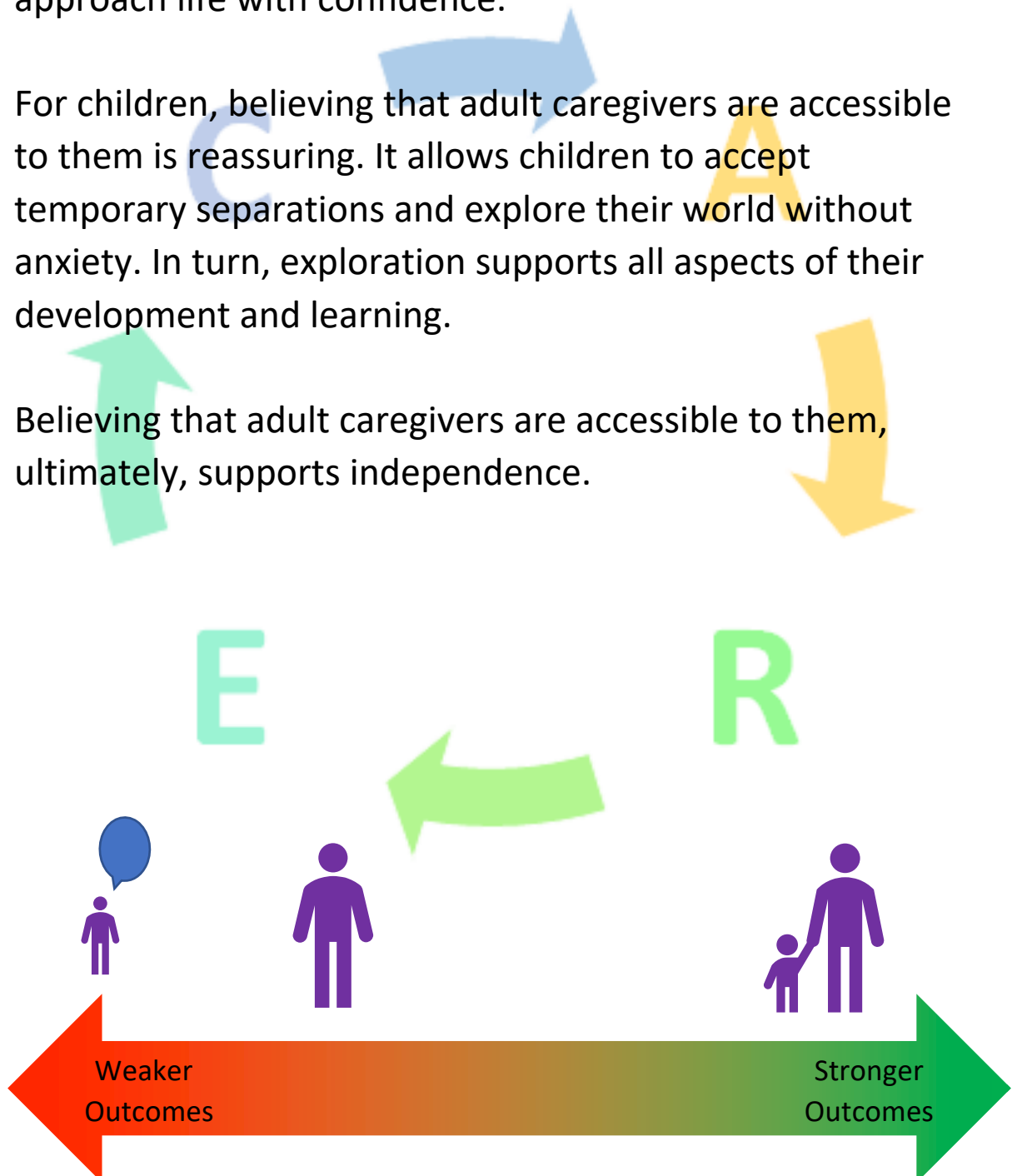
**Turn a 'sometimes' thing into a 'consistent' thing**

## Enriching Accessibility:

We all need to know that someone is there for us. It supports our feelings of worth and our capacity to approach life with confidence.

For children, believing that adult caregivers are accessible to them is reassuring. It allows children to accept temporary separations and explore their world without anxiety. In turn, exploration supports all aspects of their development and learning.

Believing that adult caregivers are accessible to them, ultimately, supports independence.





**Enriching Accessibility:**

When do you attend to the child before they do anything to make it so?

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When does the child initiate interaction with you?

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Can you anticipate this?

**Get in first. Be there for them when they need you, before they do anything to make it so.**

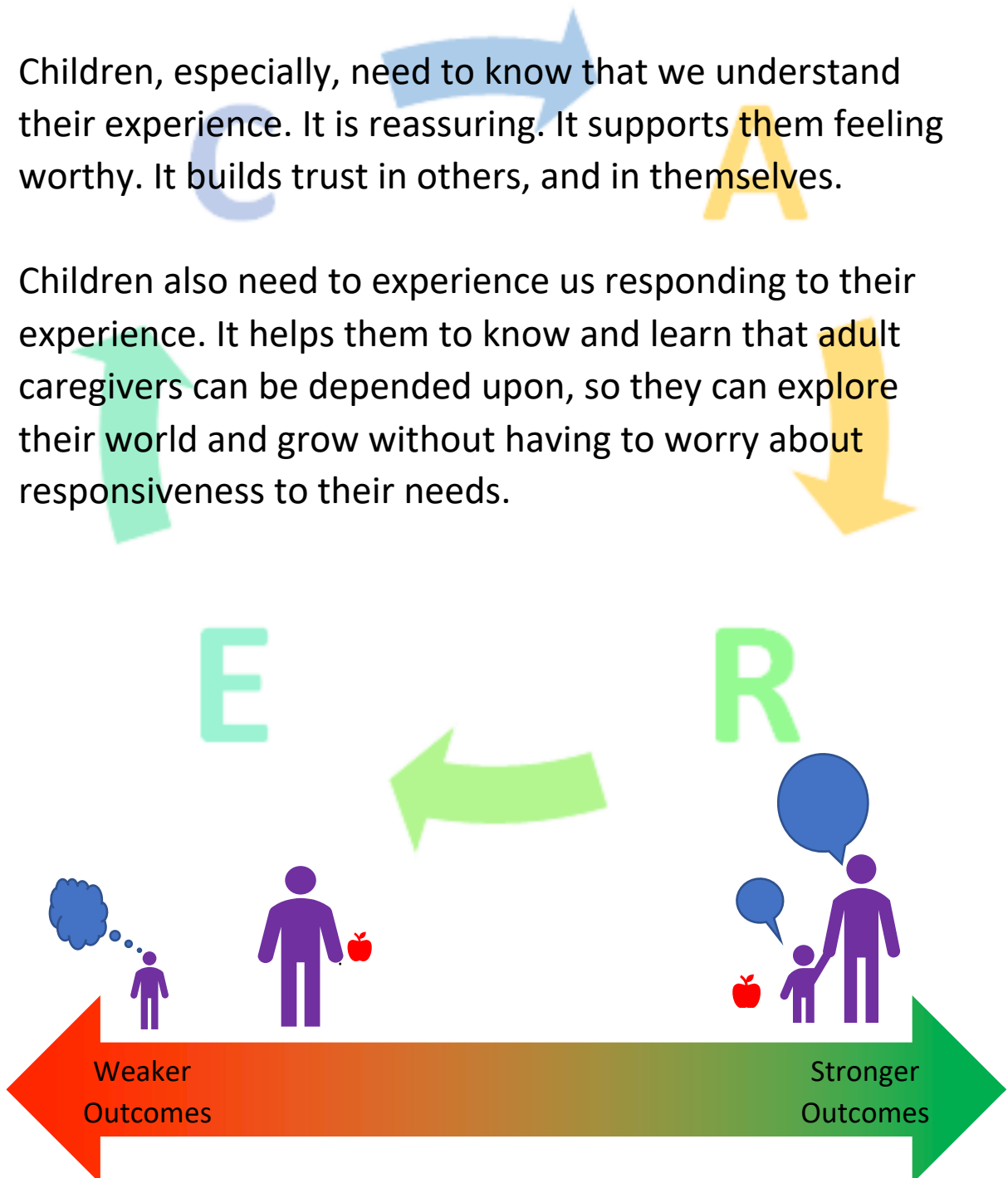
**Be consistent.**

## Enriching Responsiveness:

We all need to be heard and understood. Similarly, we all like our needs to be understood and responded to by significant others.

Children, especially, need to know that we understand their experience. It is reassuring. It supports them feeling worthy. It builds trust in others, and in themselves.

Children also need to experience us responding to their experience. It helps them to know and learn that adult caregivers can be depended upon, so they can explore their world and grow without having to worry about responsiveness to their needs.



## Enriching Responsiveness

What comments do you make about the child's experience?

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What questions do you ask the child?

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Can you anticipate the answer to these questions?

**Don't ask the question. Say the answer.  
Say what you see.**

What needs does the child have that you respond to already?

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What needs does the child ask you to respond to?

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Can you anticipate these requests?

**Address the need proactively** (*without them having to ask*).

**Be consistent.**

## Enriching Emotional Connectedness:

We all appreciate shared emotional experiences.

Children need us to share their emotions too. It helps them to feel understood, thereby building trust. It helps build connection, which influences a child's approach to life and relationships.

Emotional Connectedness also helps children to understand that emotions are safe, and that it is OK to have emotions. It helps them to regulate their emotions. It lays foundations for having empathy for others.





**Enriching Emotional Connectedness:**

What do you and the child enjoy doing together? You are connected!

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**Make time each day to do an activity with the child that you will both enjoy** (*eg play, card/board game – as little as 5 minutes*).

**Be consistent**



## Self-Care

Self-Care is important.

Self-care supports our wellbeing and capacity to carry on in tough times.

Self-care benefits children too.

Self-Care involves being more aware of the things you do that help the child in need. This awareness ensures that you don't overlook the strengths in your home.

Self-care also involves being more aware of the signs of growth and recovery in the child in need. This is encouraging of your efforts in tough times.

Children also benefit from our attention to their strengths. Children see themselves as they experience others to see them. If we see their strengths, they will see them too.



## Self-Care

What are you doing that supports the growth and recovery of a child in your care (*refer to Consistency, Accessibility, Responsiveness, Emotional Connectedness*)?

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What are the signs that the child is recovering and thriving in your care?

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