

FEELING SAFE

WHY DOES FEELING SAFE MATTER?

There are patterns in parenting that can help kids to live more of their lives in the green zone.

Children need to feel safe, seen and soothed.

To feel safe at any age, children need to feel protected. Our brains are shaped by positive experiences. They are also shaped by negative experiences.

When children feel safe, they are able to learn.

When they feel nervous or afraid, it is harder for them to listen, pay attention, and control their emotions.

South Coast Together



CREATING SAFETY

What types of things can you do to help your child feel safe?

BUILD CONNECTION

- Talk, hug, sing, read, play, explore!
- Talk about feelings.
- Listen to understand, not to reply.
- Spend time with your child without distractions like phones.
- Love and comfort them.
- Affirm them for who they are; help them find what they're good at.

MANAGE YOUR REACTIONS

- Children learn about healthy relationships and how to handle stress from their parents.
- Notice and manage your own stress and response zones.
- Build the habit of noticing and remembering positive things about your child.

ENCOURAGE AND PRAISE

- Praise them for doing what is expected.
- Encourage them to take on small challenges.
- Support them in their efforts to learn new things.

PLAY WITH THEM

- Play games with your child.
- Laugh with them, share funny stories.
- Join their imaginary play.
- Go on family outings.
- Turn activities, like gardening, into fun learning games.

REFLECTION:

From the list above, check off items you do. Write down or take a photo of a positive moment you've created for your child in the past day. Consider doing this every day to encourage you when things are challenging.
