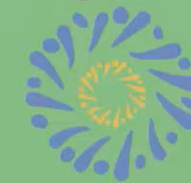




Chapter 1 Activities: Thoughts about parenting

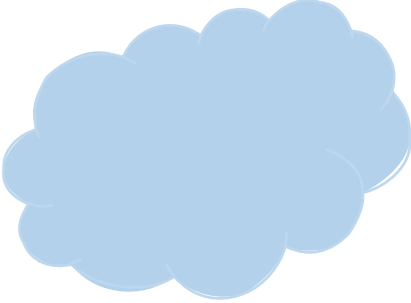
1. Think about the following questions and fill in your responses
2. Have a look at what other parents said
3. You may like to print these out



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MY EARLY RELATIONAL TRUST INFORMED LEARNING

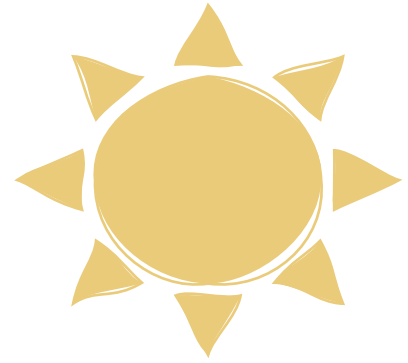
For Parents




When your child grows up, what would you like them to say about how they felt as a child?

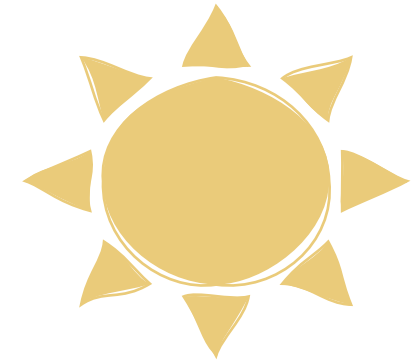
What would your baby/child feel if you were the parent you want to be?

Fill in your responses below





What would your baby/child feel if you were the parent you want to be?



Thoughts from other parents – My baby/child would feel:

Calm

Happy

OK to be me

Hopeful

Accepted

Loved

Seen

Relieved

Held

Supported

Joy

Lighter

Safe

Empowered

Understood

Grounded

Enabled

Heard

Connected

Energised

Validated



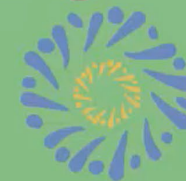


Chapter 2 Activities

Behaviour as communication

There are 2 parts

Think about the questions. You may like to print them out (pg 6) or take screenshots for easy access during stressful times



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For Parents

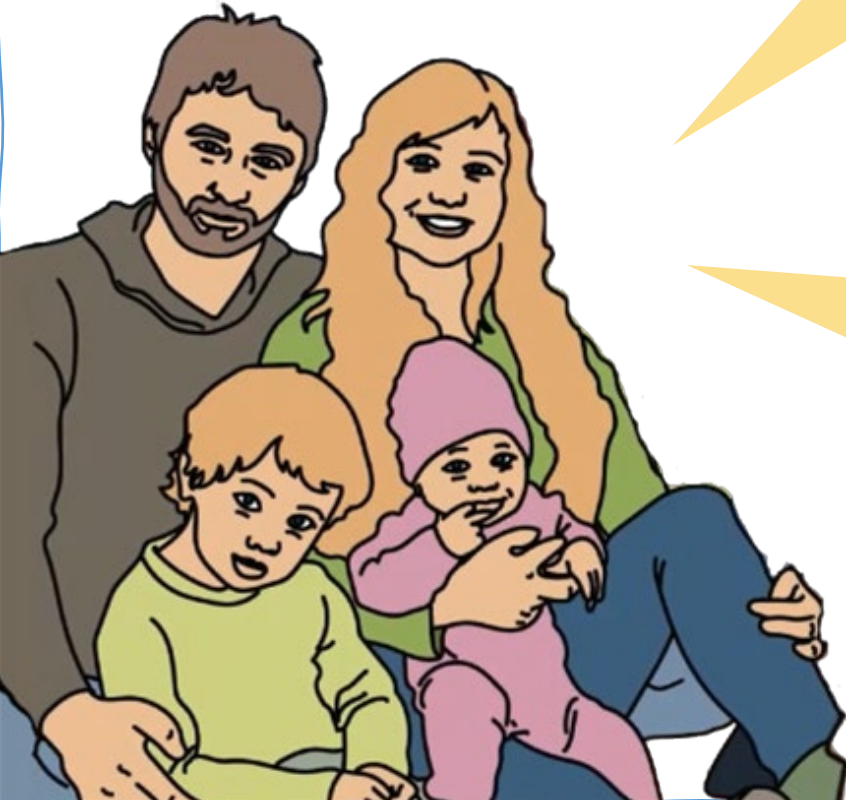
Part 1: All behaviour in babies and young children is communication

What is my child's behaviour right now?

Is my child's behaviour telling me they can't manage their feelings right now?

Does my child need help to manage their feelings right now?

Do you feel you would like to ask these questions more often?



All behaviour in babies and young children is communication

What is my child's behaviour right now?

Is my child's behaviour telling me they can't manage their feelings right now?

Does my baby need help to manage their feelings right now?

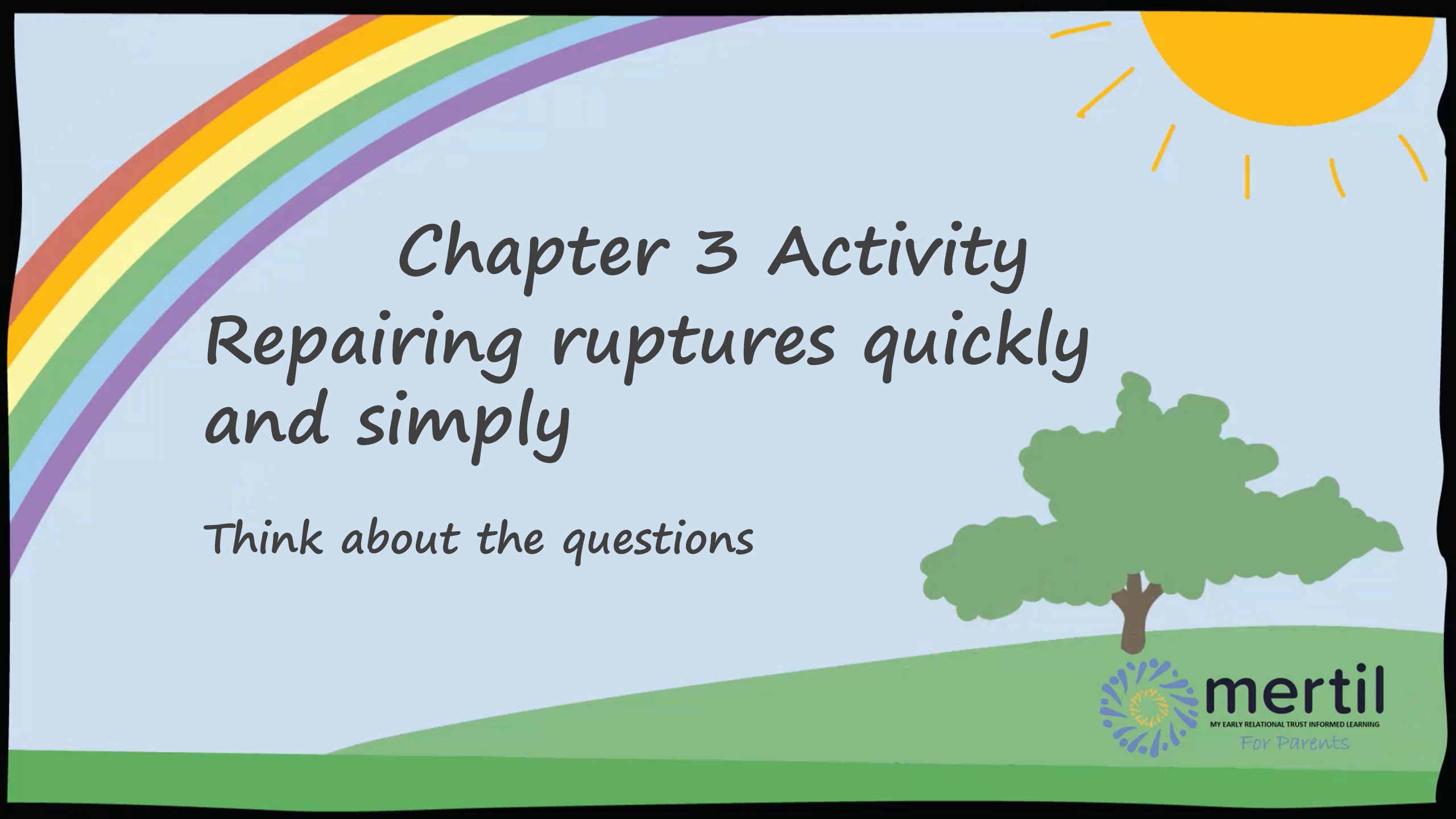


Part 2: Adding joy and building trust

What are some small things you can do right now to add joy and trust to your relationship with your child?

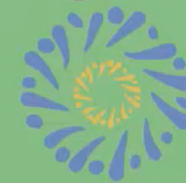
See CH 2 timestamp 7:40 for a refresher





Chapter 3 Activity
*Repairing ruptures quickly
and simply*

Think about the questions



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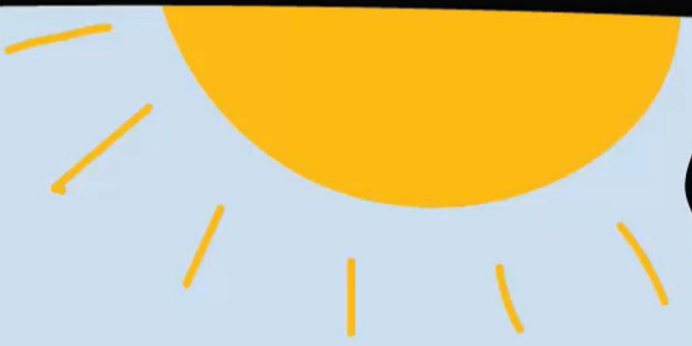
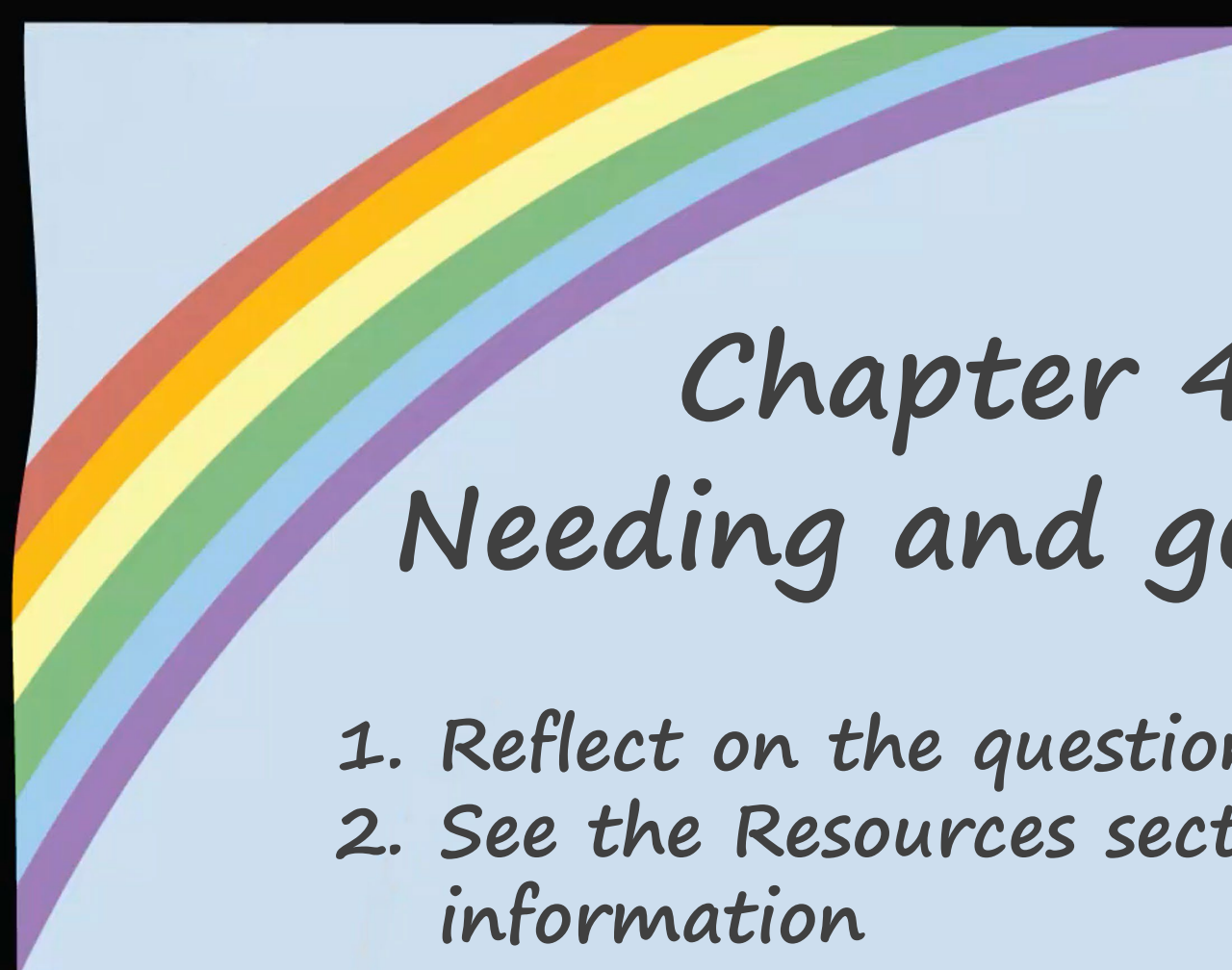
For Parents

When you recognise that your baby feels hurt or confused or lonely, you can repair these small ruptures in connection quickly by offering a reassuring smile, a warm hug, a gentle touch, your attention or your company

What do you currently do to repair small breaks in your connection with your baby?



What else could you do?
See CH 3 timestamp 1:00
for a refresher



Chapter 4 Activity

Needing and getting support

1. Reflect on the questions.
2. See the Resources section for more information



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MY EARLY RELATIONAL TRUST INFORMED LEARNING

For Parents

Everyone needs support at some point in their journey

Needing and getting support

It's OK, natural and essential to ask for support for yourself

Ask yourself:
Do I need more support with my parenting?



Can you remember how to recognise that you may need or want more support with your parenting?

See the start of Ch 4 for a refresher and see the resources for where to get help