

On the Path to Developing Trust



Love and Attention
Every Day



Empathy and
Understanding

Comfort
When Upset



A Predictable
World with Rituals
and Routines



Play and
Exploration



Developing Trust



<i>When I Experience . . .</i>	<i>This Helps Me . . .</i>	<i>Ways to Be With Me . . .</i>
Love and Attention Every Day	<ul style="list-style-type: none"> • Feel happy inside • Learn about relationships, turn taking, and communication • Develop my growing brain 	<ul style="list-style-type: none"> • Smile, cuddle, hug, kiss, and hold me; I love close physical contact with you • Listen and respond to my sounds, talk to me, gaze into my eyes • Make everyday caregiving (diapering, eating, bathtime, and naps) fun and a time for talking. Remember this is all still new to me. • Watch my cues. I'll tell you when I need a break. • Smile and let me know you enjoy me
Empathy and Understanding	<ul style="list-style-type: none"> • Feel cared for and understood • Begin to appreciate my own uniqueness • Know that it is okay to express feelings • Begin to understand how others feel 	<ul style="list-style-type: none"> • Try to make sense of my cues and understand what I'm feeling and needing • Let me know that you know how I feel • Show me that you love me and that I can count on you by responding quickly when I want to play and when I feel bad • Talk to me about my feelings and your feelings. I love to hear your voice. • Watch my cues and accept all of my emotions. When I'm happy, be happy with me. When I'm sad, upset, scared, or confused—notice that, too.
Comfort When Upset	<ul style="list-style-type: none"> • Feel calm, comforted, and protected • Decrease my stress • Regain control of my behavior and emotions • Learn ways to eventually calm myself 	<ul style="list-style-type: none"> • Help me out of my distress by responding promptly and staying with me until I feel calm • Gently hold and rock me, use a soft voice, and describe how I'm feeling • Help me discover ways to start soothing myself, like sucking on a pacifier or my fingers, holding a soft blanket, or toy. • Watch my cues to see what works. This may take time for us to figure out together. Find some way to stay with me through this. I need you close by. Just knowing that you are near helps me. We can get through this together now, and later on I can get through this on my own.
A Predictable World	<ul style="list-style-type: none"> • Feel safe • Make sense of my world • Recognize familiar things • Anticipate actions and transitions 	<ul style="list-style-type: none"> • Be responsive and consistent in how you take care of me • Honor my needs and natural rhythms for eating, napping, and going to bed • Use loving rituals to give me a positive, familiar feeling about the activity we're doing • Talk to me about what is happening • Watch my cues. I'll tell you when I am ready to sleep, eat, or play. As I grow, my needs will change. Adjust our routines to fit my needs.
Play and Exploration	<ul style="list-style-type: none"> • Learn about my world and stimulate my brain • Feel encouraged about making discoveries on my own • Laugh and have fun 	<ul style="list-style-type: none"> • Have fun with me, get down on my level • Give me objects with different colors, textures, and sizes and watch me explore • Play games and sing songs (like Peek-a-boo, So-Big, and This Little Piggy) that are fun, predictable, and include me • See what games I like and play them over and over, until I get tired of them • Introduce one toy at a time; watch me explore and get to know it before showing me a new one • Watch my cues. I'll tell you if I need to change or end activities!