

# Supporting Trust and Exploration

## Explore

- Through my relationship with you I learn how to explore my world.
- I love to watch your face, hear your voice, and have you close.
- I am starting to explore more by looking all around, wanting to hold things, and putting everything in my mouth.
- Help me explore by talking with me, showing me new things and giving me safe objects to play with.
- Our back and forth interactions help me feel loved and safe.
- Connecting with me now helps my brain grow and develop best.



## Recharge

- After exploring, I may need time near you to recharge and feel calm again.
- Even though I am bigger now, you still can't "spoil me" by soothing me or responding to my needs.
- Notice and accept my feelings, even the negative, whiney, "out of control" ones!
- When you stay with me and comfort me, you are helping me learn how to calm myself.
- When I'm feeling recharged, I'll be ready to explore again.



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Young children need their caregivers to enjoy them when they are feeling satisfied and comfortable. During these times, you can show your baby how important and loved they are by talking to them, playing simple games, smiling face to face, and interacting together as they notice new things and people. You can see the world through your child's eyes and talk about it. You can connect with your child by imitating and matching their moves and reading and responding to their cues.

When your child is upset, you can respond sensitively by staying with your child until they feel okay again. This helps your child feel protected and reassured. You can use gentle touch, a gentle tone of voice and kind facial expressions to let your child know that you understand how they are feeling. After your child receives the support they need from you, they will be ready to explore the world again.

When you provide comfort and help your child get through their big feelings they will learn to regulate their own feelings over time. Through these repeated times of letting your child know that you will be there for them when they need you, your child will learn to trust you.

