

## In tough times children need a little extra:

- C: Consistency**
- A: Accessibility**
- R: Responsiveness**
- E: Emotional Connectedness**

### Consistency:

- Is soothing
- Supports wellbeing and a positive outlook
- Supports new learning

Maintain existing routines. Turn a *sometimes* thing into an *always* thing.

### Accessibility

Supports experiences:

- That you are there for them
- That they are a person of worth
- That they don't have to cope with the world on their own

Check in with the child proactively, and to a regime you can implement consistently.

### Responsiveness

Supports experiences:

- That their needs/experiences are understood and important
- That they are a person of worth
- That they can rely on you

If you can guess what the child is thinking or feeling, say it out loud. Use your words!

If you can anticipate a need, address it proactively.

### Emotional Connectedness

Supports experiences:

- That you get it!
- That their experience is important.
- That you understand and can be relied upon

Communicate empathy in your tone of voice and facial gestures.

Regulate to calm.

They are vulnerable to negative thinking about themselves, others, and their world.



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They can be unsure about whether they can rely on adults to keep them safe from harm and meet their needs.

Their motor (i.e. their nervous system) can run too fast, leaving them vulnerable to anxiety and 'problematic' emotional and behavioural responses