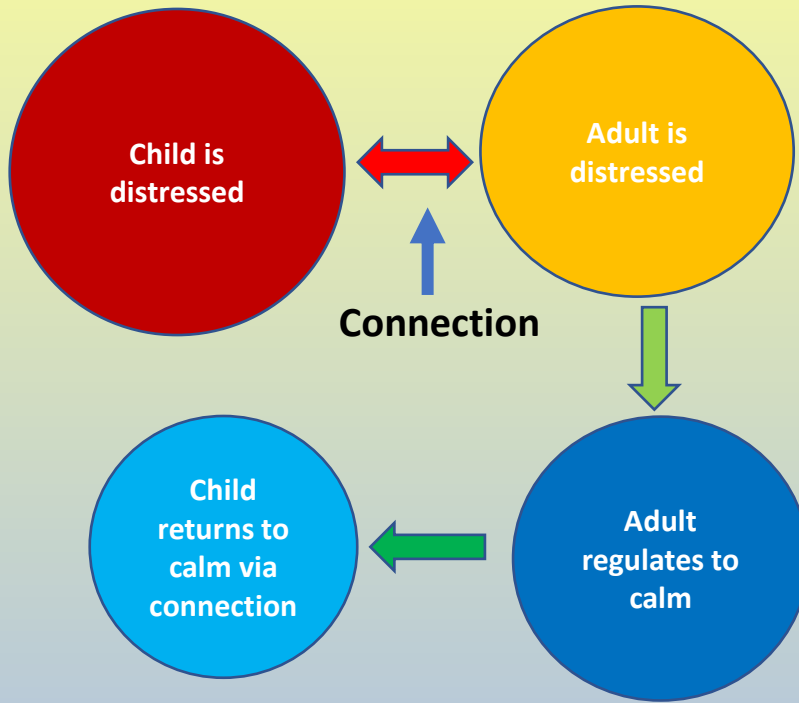
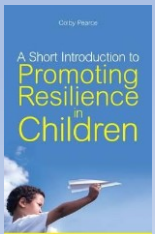


Emotional Connectedness helps you regulate a child's emotions



Emotional connectedness supports wellbeing – a state where they think, feel and act their best.



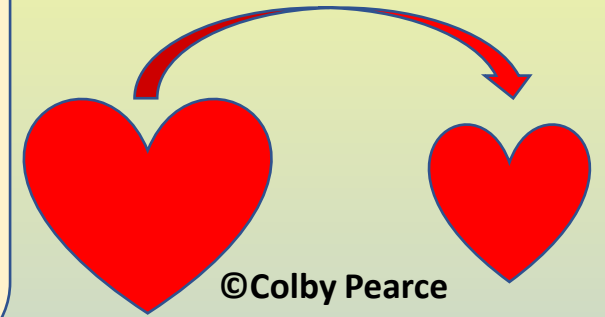
In tough times, children need a little extra emotional connectedness

On a typical day . . .

Your emotions:	Your child's:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You are already emotionally-connected!

When connected, we feel an 'echo' of what they feel.



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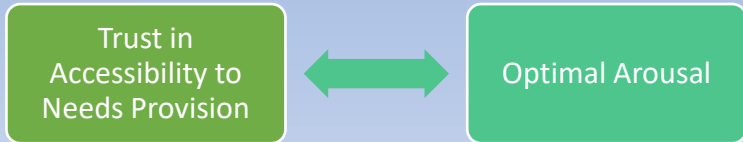
Emotional Connectedness supports:

Secure Attachment

Activities your child engages in (with you)

Activity:	Your child's emotions:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Allow yourself to show your 'echo' of their emotion.
Regulate to calm



It is working when children show:

- Natural emotions
- Consideration of others