**Containing ways of being with children - through quietly just being there:**  Box 1

* Presence
* Silent attention
* Waiting patiently, not intruding
* Quietly attuning to the child and their non-verbal, behavioural and metaphorical communications
* Thinking about possible helpful concrete responses (**doing** something helpful) (see below)
* Not helping till asked – tuning in and bearing frustrations with the child
* Sometimes not commenting
* Empathising with, or silently bearing hurts, rather than reassuring or advising
* Surviving difficult times/breaks
* Tuning in to transferred feelings from child
* Tuning into our own (countertransference) triggered vulnerabilities
* Keeping containing consistent boundaries