

Handout 8

Positive cycles



Child has need - food, comfort



Child is happy/settled and gets on with play or activity.



Child recovers from being 'upset' and shows this through gestures or words.



Child can gesture or tell parent what they need, want or are feeling, e.g. upset, frustrated, scared.



Child accepts help or comfort and calms down.



Parents feel they have understood their child and have done something helpful and good'.

