

Part V: Building Conversations



Establishing a
Sense of Safety

Safety and Security

- It is a fundamental state that comprises our well being.
- It satisfies our primal needs
- It influences how we approach our lives.
- It is a personal experience
- It is a feeling of being protected as one learns the skills to manage life's experiences and challenges

Safety

Basic needs

- includes the physical factors that ensure survival

Emotional needs

- includes the factors that protect against stress and promotes psychological health

What are emotional safety factors?

- Environmental influences
 - stability and consistency in the home environment
 - predictability through routines
 - dependable and supportive social network

“OUR CHILDREN ARE COUNTING ON US TO PROVIDE TWO THINGS: CONSISTENCY AND STRUCTURE. CHILDREN NEED PARENTS WHO SAY WHAT THEY MEAN, MEAN WHAT THEY SAY, AND DO WHAT THEY SAY THEY ARE GOING TO DO.”

BARBARA COLORDSO

What are emotional safety factors?

- Social Emotional influences:
 - Endorse feelings of acceptance
 - Establish a feeling of trust
 - Offer opportunities to develop a sense of purpose
 - Promote a sense of control

What does a safe environment look like?

- A calm environment with clear expectations and limits
- Promotes feelings of mutual respect
- Provide kids with a sense of control
- Offers unconditional love regardless of the child's actions
- Encourages gestures of affection



What does a safe environment sound like?

- Fosters a feeling of being understood
- Encourages open communication for discussions
- Attends to the silence
- Offers genuine praise
- Filled with laughter



How to talk to kids when big emotions strike

- Reinforce emotional regulation
- Provide support
- Validate their emotions
- Problem solve how to deal with feelings
- Instill a growth mindset

AS YOUR KIDS GROW THEY MAY

FORGET

WHAT YOU SAID, BUT WON'T

FORGET

HOW YOU MADE THEM FEEL

