

Keeping Safe

Children need to feel safe and secure and build links with others



- ① Sit your child on your lap and ask them, *'Who do I have here?'*
- ② When they respond say. *'Gosh, it's my very own (name)'*
- ③ Give them a big hug.
- ④ Repeat this two or three times and then as a treat lift them up or rock them on your lap.

This activity can be expanded by carrying out the same routine, but this time getting them to sit a short way from you each time.



Please remember to recycle this activity