

Behaviour Strategies and Tools

SAFE AND SECURE RELATIONSHIPS

Safe and Secure Relationships cannot occur without the time, focus and effort that go into building relationships.

Things to Try

Adult Initiated:

- Welcome children everyday even if they are not greeting you.
- Comment positively.
- Be relatable– share stories about yourself.
- Be sincere and authentic.
- Be calm and neutral.

Responsivity:

- Provide check-ins throughout the day.
- Program according to interests.
- Nurture a sense of belonging with. For example: Helper Jobs, Community Outreach Projects, Clubs, etc.

Understanding:

- Provide safe spaces. For example: Calm Down back packs, a blanket under a table, cushions in cubbies, tents, etc.
- Program to interests and skill level.
- Value what is important to the child. For example: Find ways to keep creations.

Empathy:

- Validate emotional needs and provide reassurance.
- Use “you” statements when labeling feelings, needs or wants.

Things to Avoid

- Lecturing or threatening
- Taking things personally
- Showing disappointment or anger
- Shaming or guilt
- Comparing children
- Talking about children in front of peers and parents
- Yelling and screaming
- Sarcasm

You Can Also Try

- Asking about the child’s day at school.
- Spending 2 minutes each day with each child, leaving behaviour and academics out of the conversation and focusing on what the child is interested in.
- Asking what materials or activities they would like to have in the classroom or outdoors
- Reinforcing the everyday, naturally occurring desirable behaviours like lining up, picking up toys, sitting well, sharing with peers, waiting and using kind words.

**The purpose of this strategy is
BUILDING CONNECTIONS.**