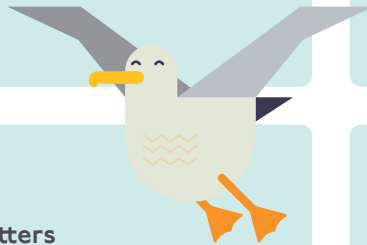


Box 1

The Science of Safety – Polyvagal Theory and why feeling safe matters

Resources in this box use play to support your child to connect and look for signs of safety. You will also learn to recognise and understand your child's and your own 'fight or flight' responses and how thoughts and feelings can affect behaviours.



Box 2

How Empathic Parents Create Structure

Flexible parents create structure by setting limits and expectations. Resources in this box will help you to use structure and play to support yourself as a parent and organise your child to help them feel safe.



Box 3

Why Being Playful Matters

Play is important to the healthy developing and learning of social skills. Resources in this box will help you to learn about why we need to play with our children, the benefits of play and how to make time every day for play.



Box 4

Supporting Children's Development with Challenge

Resources in this box use play to help children get the just right sensory input so they can explore the world confidently. Children's capacity to manage challenge often depends on motor and cognitive skills. Play helps them explore their body and what it can do and helps them to feel comfortable managing information from their senses.

Box 5

Nurture Yourself and Your Child

Soothing and calming our children is a skill we learn. Resources in this box will help you find out what is just right for you and your child and help you to learn more about touch and why it's essential to healthy development. This month we also encourage you to take some time to feel calm and soothed to allow you to share that with your child.

Box 6

Building Play into Every Day

Resources in this box help you use play to match you and your child's state with the right activity. You will also be given free access to our Lumin&us™ App to support you to continue to understand thoughts, feelings and behaviours, encourage play each day and track what you and your child need.

