

Routines

Competency

Executive functions

Emotional expression

Self-identity and development

Regulation

Identifying emotions

Emotional regulation

Attachment

Adult self-regulation and self-care

Attunement

Consistent behavioural response

Psycho education

Executive functions

Helping children 'catch up' in developing age appropriate higher level thinking skills such as problem solving, planning, organisation and frustration tolerance

Emotional expression

Helping children build the skills and willingness to effectively communicate emotions with others

Self-identity and development

Helping children to develop a robust and balanced sense of self and identity

Competency
Building children's skills

Identifying emotions

Supporting children to develop skills in accurately identifying different emotional states, how they experience these in their bodies and how this can relate to how they respond

Emotional regulation

Working with children to develop safe and effective strategies to manage and regulate emotions, emotional response and energy

Regulation
Supporting children to manage emotions

Adult self-regulation and self-care

Supporting the adults around the child to understand, manage, and cope with their own emotional responses, so that they are better able to support the children in their care

Attunement

Supporting the adults around the child to learn to accurately and empathically understand and respond to children's actions, communications, needs and feelings

Consistent behavioural response

Building predictable, safe and appropriate responses to children's behaviours, in a manner that is sensitive to the impact of traumatic experiences

Attachment
Adults understanding and responding sensitively