Executive functions
Helping children ‘catch up’ in developing age-appropriate higher level thinking skills such as problem solving, planning, organisation and frustration tolerance.

Connecting with others
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.

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.

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.

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

iTIPS ARC Informed Framework

Competency - building children’s skills

Regulation - supporting children to manage emotions

Attachment - adults understanding and responding sensitively

Routines

Psychoeducation

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