

HELPING CHILDREN FEEL SAFE BY HAVING STRUCTURE

What is Structuring?

Structuring is like scaffolding

Constructing a building often requires scaffolding : Support while the building materials are put into place.

Children also need scaffolding : They need people in their life who are able to support them in learning a new skill or reaching a developmental milestone.

We often provide scaffolding for our children without even realising it

We help them take their first step

We help them climb a little higher

We help them say hi to another child when they are feeling shy

Think of a time when your child was just about to master a skill and you helped them get there.....

What were some of things you have done recently that helped scaffold your child's development?

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Routines

Having routines help provide structure

Routines help children feel safe. They know what will happen and when things will happen.

Regular times to have a shower or bath and a bedtime routine helps children feel contained and safe.

**Can you identify any routines in your child's life?
Are they easy or difficult to follow?**

**Make a list of any routines you could put in place to
help your children feel contained and safe.**

**What makes it hard to follow routines and what could
you do to make it easier?**