

## THE IMPORTANCE OF TOUCH

There are many ways that you can help your child feel safe and loved through touch. Cuddles are great but sometimes children who have had other carers in their life or who have had experience of trauma avoid cuddles.

So the challenge may be around finding safe ways to touch. Being gentle and calm is key. The following are some ideas that help children reconnect and become comfortable with touch.

Playing games and singing songs together with children is great for language development.

There are some great songs and games that allow for touch.  
*Round and round the garden, like a teddy bear one step, two steps  
tickly under there!*

**Being close:** Help your child to get used to you being close.

This can be done in lots of ways:

Reading a book together (which is also great for helping them develop language).

Holding hands to cross road, and perhaps holding hands for a bit longer.

What are some other ways you can increase touch with your child that is safe and comforting?