



Early Years   
**FAIAR**

Framework of Assessment and Intervention  
for Attachment and Resilience

Produced by  
South Lanarkshire Council  
Psychological Service

**a-z**

**of attachment and  
resilience**

# a-d

## Why is it important?

## What can you do?

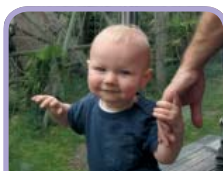


### a

**attention**

It is important to pay attention, put everything aside and notice your child as this lets your child know you are listening.

Listen with your whole body not just your ears. Look directly at your child, turn your body to face them, and use facial expressions to respond appropriately. You can also use encouraging phrases and repeat what they say to let them know you are listening. Also remember that sometimes it helps to remain silent.

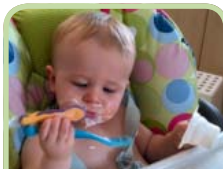


### b

**boundaries and consequences**

Providing children with boundaries means that you are giving them clear limits. Without this, children do not know where they are safe and where there is danger.

Agree on what boundaries are and try to stick to them. Separate the behaviour from the child (i.e. it's not the child that's naughty, it's the behaviour) and explain why consequences are being given. Most importantly **follow through** with consequences.



### c

**consistent**

Being consistent and providing routines helps children feel safe and secure. They will know how things are done, what is expected of them and when things will happen.

Try being consistent in what you say and do. Establish some routines at bedtime or in the morning – these can free up extra time for you to have fun with your child.



### d

**developing self-control**

Children find it difficult to control their behaviour in the way adults can. By helping children to develop self-control we can help them manage and respond to their feelings, impulses and needs in the future.

Try to recognise and name a child's emotions to build up a language for feelings. Allow your child to make choices that are age appropriate and encourage games that teach waiting and turn-taking.

## Why is it important?

## What can you do?

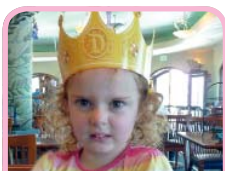


**e**

**enriched environment**

Providing your child with an environment that has lots of stimulation can activate an appetite for life, curiosity, drive and motivation.

Encourage play that stimulates imagination. Try choosing world or environment toys such as little people, animals, or transport. Plan interesting outings and encourage creative play with natural materials like sand and water.



**f**

**feelings**

Helping children with big feelings early on can impact on how they handle stress later in life. By helping your child describe how they feel you can help them successfully manage feelings when things are difficult in the future.

Try naming feelings for your child (e.g. 'you look upset, has something happened?') and matching your tone to how your child is feeling (i.e. if they are happy, use a happy voice). This lets them know that you are listening to them.

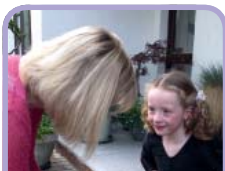


**g**

**greetings and farewells**

Greetings and farewells can be important moments for children and parents and can speak loudly to a child about how much they are loved, i.e. Did you miss them? Are you happy to see them? It is important that as a parent you are responsive to your child's feelings at these times.

When greeting your child try to say hello with open arms showing warmth and delight in your face. When saying goodbye try to avoid a quick getaway – rushing off may make them upset or worry them as to where you have gone. Try to have quality time before you go so that they will have a comforting memory.



**h**

**helpful no's**

Adults are wiser about the world than young children, so they need to guide and help children make wise choices. Saying 'no' sometimes helps children learn to accept that others are in charge and adults sometimes have to make decisions for them.

Try not to let your child do what they want all the time. This way they will learn to compromise, accept authority or put others' needs or wishes before their own. It is important to say 'no' sometimes and explain your reasons for doing so.



## Why is it important?

## What can you do?



i

**independence**

Children start the drive towards independence at an early age and there comes a time for parents to find the balance between letting their children begin to do things for themselves and providing them with the support and guidance they need.

Try to involve your child in some decision making (i.e. choosing between two items of clothing to wear or two snack options), encourage them to do certain things for themselves and give them some responsibilities – small chores that match their capabilities.

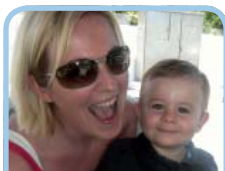


j

**joy**

It is possible to experience pleasure but not real joy without an emotional connection with others. Feelings of joy can help children respond effectively when faced with minor stresses helping them to manage them. This is known as resilience.

You can promote these feelings of joy by sharing in your child's joy and happiness with your facial expression, tone of voice, posture and movement.



k

**kisses and  
cuddles**

Showing affection sends messages to your child that you love them, enjoy being around them and are there for them. Even when you may not be feeling your best or there are a lot of things going on in your life, your child will still know you love them unconditionally.

Try to give cuddles and kisses, and to smile and laugh on a daily basis.



l

**lead by  
example**

From a young age children start to learn how to behave in the world. They learn from those around them, by watching and listening to how important adults and other children behave. They learn about how adults and children are expected to behave towards each other, and how adults deal with situations that are difficult.

Children learn from what we do, rather than what we say. Try to spend as much time as possible with your child, talking to them about feelings and showing them the kinds of behaviours you want to see.

## Why is it important?

## What can you do?



### m

**magical moments**

Magical moments are moments of strong emotional connection with your child without distraction and are the foundation stones of your child's self-esteem. These are the moments when your eyes meet and nothing else matters for that moment.

Create magical moments with your child through spontaneous cuddles and kisses, tickles and shared laughter. You can also engage in rough and tumble play, peek-a-boo games, singing and actions rhymes, chasing and catching or snuggling up with a book.



### n

**notice the positives**

Children are built up by praise and will go on doing what they are praised for. If children are criticised all the time, they are more likely to go on doing what they are criticised for. Therefore it is important not to criticise more than you praise.

Notice and comment on your child's positive qualities and behaviour. Try to avoid emotional reactions to behaviour you don't like, and replace this with a calm, matter-of-fact response. Try instead to show emotion for the positives (i.e. if your child is sharing well, be lavish with your praise).



### o

**one to ones**

Babies are born 'relationship ready' and from a very early age the ability to light up your face gives your baby a sense of themselves as lovely and loveable. Spending one to one time with your child teaches them that they are valued and fun to be around.

Playing together creates a fabulous opportunity for you and your child to have one to one bonding, so spend time playing together. You could also spend time together going for a walk, playing in the park, visiting the library, swimming pool, soft play, café etc. All provide excellent opportunities for you and your child to spend time together.



### p

**play**

Play underpins every aspect of development. From their earliest years children need opportunities for active play, especially outdoors and with other children.

Encourage real life play as much as possible, that is, play that is active, outdoors and with other children. Place firm limits on computer use and TV watching.

# q-t

## Why is it important?

## What can you do?



### q

**quality  
conversation  
time**

Young children best develop language, social skills and thinking skills by talking with family and friends and by exploring the world around them. Talking to children is crucial for brain development.

Try to build in quality conversation time everyday with your child. Mealtimes can provide a great opportunity for family talk and at the same time can provide routine, promote responsibility and a healthy attitude to food.

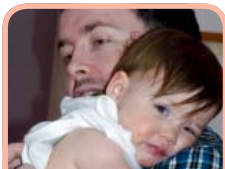


### r

**reading**

Through the magical world of reading and storytelling, children learn to experience emotions, and begin to understand the world within as well as the world around them. Reading at home helps children develop vocabulary and a positive attitude towards books.

Try cuddling up and reading together from birth, telling stories, and visiting your local library. It also helps to be a reading role model (when your children see you reading they will want to imitate you) and by linking reading with your child's interests and hobbies you can increase their motivation for reading.



### s

**safety**

Children need to feel safe and comforted. If they are crying there will be a reason and it is up to adults looking after them to work out what that is. By being responsive to your child's needs you can help them experience the world as safe.

Never ignore your child when they seem upset or afraid. Try to see things from your child's point of view and if they are old enough, encourage them to tell you what is upsetting them. Acknowledge their fears and reassure them, promoting their feelings of security.



### t

**TV time**

Language develops best in an environment that is responsive to a child's needs and interests. They need to be talked to, listened to, and played with. They need their questions answered. TV does not respond in this way. It is generally not an effective way of developing young children's language use or understanding, and can mean they are missing out on opportunities for creative and social play.

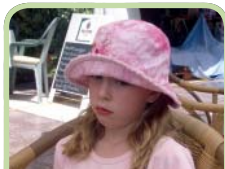
Watch children's TV programmes along with your child and chat about what's happening. Strictly limit TV watching time especially before bed time and minimize background TV as this can interrupt play and reduce the quality of communication between you and your child.



# u-x

## Why is it important?

## What can you do?

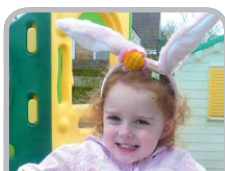


### u

**understanding**

When babies are born, their brains are not fully formed. During their early years, children's experiences of their environment and their relationships with others contribute hugely to how they will later make sense of the world and themselves.

Try to be aware of your child's needs and respond in an understanding and sensitive way. This will help your child learn how to form successful relationships, to care about others, to cope with fear, anger and stress and to be interested in learning about the world.



### v

**valuing**

All children need to know that they are valued. This means respecting and appreciating them as a unique person with their own individual qualities, feelings and needs. Even as a young infant, children have their own standpoint and experience of the world, which is different from ours.

Try emphasising your child's strengths by complimenting them. By drawing attention to your child's positive qualities you will help them recognise their strengths and qualities and let them know that it's okay to be them.



### w

**watch**

When the excitement of a new brother or sister begins to fade, children can feel left out, invisible or even unworthy of their parents' love. In these cases children may often show their pain by hurting their siblings because they don't have the language to express their feelings.

To help children, watch them carefully and be aware when one child is watching you having a good time with the other - give this child a special smile or cuddle, make one to one time for each child and try not to compare them.



### x

**X-ray**

When children misbehave it is important to look beneath the surface of their behaviour to understand what they need from you as a parent. Often a child's behaviour is related to their need for emotional or physical comfort, control or can be a result of tiredness, hunger, boredom or parental stress.

When your child misbehaves it is important to see things from their perspective and ask yourself 'What does my child need?' 'Do they need attention, or stimulation, or comfort?' 'What will help them just now?' and 'What will help them later?'



## Why is it important?

## What can you do?



**y**  
you time

It's hard to take care of other people if you don't take care of yourself. Emotional re-fuelling means quality time doing something relaxing and enjoyable just for you. If you don't take time out you may end up feeling irritable, moody, anxious and prone to anger.

There are two types of emotional re-fuelling: doing something by yourself (reading a book, going for a walk, relaxing in a bath) and spending quality time with other people. To stay emotionally healthy we need both of these on a regular basis.



**Zzz**  
sleep

Establishing a bedtime routine will help make bedtime a peaceful time for the family and can help calm a child and activate sleep hormones.

At bedtime, you should have one clear aim – to make your child feel that all is well with the world. Try to give your child half an hour to finish playing with their toys before introducing a good bedtime routine e.g. a bath, a drink, a story and some cuddles and kisses.

## References / further reading

The following sources of information have been used in the creation of this leaflet:

*Sunderland, M. (2006) What every parent needs to know. Dorling Kindersley Limited, London.*

*Palmer, S. (2008) Detoxing Childhood: What Parents Need to Know to Raise Bright, Balanced Children. Orion Books Ltd, London.*



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If you need this information in another format or language, please contact us to discuss how we can best meet your needs.

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