 **HELPING CHILDREN FEEL SAFE**

 **AND SECURE**

**Feeling Safe within the Environment**

For children to develop as confident learners, they need to feel secure. Children feel secure when things around them are constant and consistent. They will develop a sense of belonging as they become familiar with routines and expectations during their time at setting. Children who feel secure within a setting will feel more confident to explore their surroundings and will start to build new relationships with other staff members and their peers.

**Secure and Trusting Relationships**

Secure and trusting relationships can help to promote all aspects of a child’s development. A child within a safe and caring environment will develop a healthy emotional well-being, in turn having a positive effect on other areas of their development.

Warm, trusting and secure relationships take time to develop, and the bond will grow through encounters and interactions. Children are dependent upon their caregivers for their needs, and children need to feel safe and experience positive responses in order to build trust and form these relationships. These caring relationships can be the foundations for a child developing their own sense of identity and self-esteem. Through positive, warm relationships children are able to express themselves and can also learn how to manage and regulate their own feelings.

**Top Tips**

* A sense of wellbeing is founded on physical safety. The child should always feel safe and secure within the environment.
* Children fear the unknown; therefore including routines into the child’s day will help them feel more secure and at ease within the setting which will lower their levels of anxiety. These routines could be assured to the child visually or verbally.
* Introducing boundaries and expectations within the setting will give a clear consistent approach. Establishing rules and expectations helps children develop a sense of responsibility over their lives, giving them a sense of security.