

The 4 Ss

Developing secure attachments



Seen

We perceive them as individuals who matter and who we want to understand

- Meet & greet
- Smile
- Offer eye contact
- Use names
- Work on the wall



Soothed

We help them deal with difficult emotions and situations

- Model appropriate behaviour
- Talk calmly & quietly
- Appropriate physical contact
- Regular check-ins



Safe

We avoid actions that frighten or hurt them

- Have a seating plan
- Ensure routines
- Be predictable
- Agree a safe place
- Name trusted adults



Secure

We help them develop an internalised sense of well-being and worth

- Build positive relationships
- Develop a sense of belonging
- Support friendship
- Be available