

# TEN TOP TIPS FOR THRIVING

Here are some simple things that we can all do to support children's social emotional development and wellbeing and give our children the best start in life.

**1** "Our special bond starts to form when you sing and talk to me before I'm even born"

**2** "Seeing you calm and relaxed helps me to feel calm and relaxed too".

**3** "I feel safe when you notice I need something and respond consistently"

**4** "I need help calming down when I feel overwhelmed by strong feelings"

**5** "I like it when you use predictable routines and tell me what's coming next"

**6** "I like it when you recognise things I am doing well and celebrate with me"

**7** "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun"

**8** "I learn words to describe the feelings in my body when you watch me closely and wonder aloud what I may be feeling"

**9** "If I'm struggling to manage my behaviour, talk to me calmly about why it's not okay and what I should do instead"

**10** "I love it when you give me your undivided attention when we play together"



The Ten Tips for Thriving are part of Greater Manchester's work to give every child the best start in life.

Find out more at [greatermanchester-ca.gov.uk](https://greatermanchester-ca.gov.uk)

You can also find more tips, advice, activities and short films at [www.bbc.co.uk/tinyhappypeople](https://www.bbc.co.uk/tinyhappypeople)

