



Challenge 2

Feel secure, say how they feel and ask an adult for help

Talk about things that make me happy

Talk about things that make me sad

Top Tips

Stay and play groups give your child a chance to develop social skills and feel secure with other safe adults. To find your nearest group visit our website.

Trust the staff at the nursery/preschool setting, or the childminder, to comfort and reassure your child. This will also encourage your child to interact with other safe adults and practice talking to them about their feelings.