

"toddler bonding": Week 5
"Catch them making helpful choices"

Welcome (Headspace and Containment)

Invite parents/carers and toddlers to come and sit with you in a circle; name badges for parent/carer and toddler. Welcome everyone and thank them for coming.

Sing the hello song; everyday treasure available. How is HHH going at home?

Group agreement (Headspace and Containment)

Gentle reminder; is it working OK for us? Anything to add?

Circle time (Headspace and Containment)

Rhymes, songs and action games.

HINT: Model the rhyme very sensitively with your baby, asking permission and responding to her wishes and preferences.

Breathing and regulation (Regulation and Relaxation)

Practise deep breathing together for a few minutes. Offer parents and toddlers a beautiful sheet to colour in mindfully and to help regulation (links available online).

Watching and wondering (Head, Heart and Hands)

Offer a king-size duvet cover or sheet to be held by the parents and carers for the toddlers to enjoy going underneath with their legs in the air, etc. Parents billow up the duvet cover/sheet and then bring it down – this is effectively a home-made parachute. Watch our children and practise HHH. See online resource bank for more parachute games to try.



**RESOURCES
YOU WILL NEED**

Name stickers/
pens

Group
agreement

Blu-Tack

Music on phone

Rhyme words

Duvet cover

Everyday
treasure box

Colouring
sheets

Marshmallow
test clip

"15 things"
handout

Relaxation
script

HINT: Quiet, calm music; model carefully with your own baby. Notice what is happening in the group and reflect gently.

Loving touch (Head, Heart and Hands)

Invite parents to ask their toddler for permission to try some loving toddler touch. Enjoy favourite strokes together.

HINT: Model sensitively, with music still on in the background.

A “gift” or “Bag of Ideas”: sharing ideas and information with parents and carers (Developmental knowledge)

Share with parents ideas from research about how to encourage toddlers to make helpful choices. Play the Marshmallow Test clip on YouTube, which shows parents just how amazing their children can be when faced with temptation; this leads to a lovely discussion about how positive children’s behaviour can be.

Handout: 15 things to help children’s behaviour choices become more helpful (video links and handout available online).

Creative relaxation (Regulation and Relaxation)

Enjoy together.

HINT: Deliver script in a calm voice and at a gentle pace, with quiet music on.

Try this at home (Head, Heart and Hands)

Ask parents to practise HHH at home every day.

Brief recap of the session and see you next time (Headspace and Containment)

Recap gently what we have covered today and thank parents for coming and taking the time out of their busy days. End with goodbyes and see you next week for our final session together.