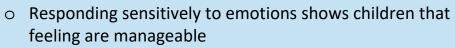
## The importance of the early years



In the early years, children learn how manage their emotions, trust others, and build a solid sense of who they are.

## Foundations of future development: Early caregiving

Young children learn about life by watching us and being with us. By responding (or not) in a timely and sensitive way, you're teaching your child how relationships work.



If we can show that we're not overwhelmed by their feelings, they can –
over time – see their feelings as tolerable and begin to manage them with
greater ease.

If we see children's feelings as worthy of interest and care, they will learn to meet their own feelings with a similar openness.

From these early caregiving interactions, children will learn answers to many questions, like:

- Am I worthy of attention?
- Can I rely on those around me to help?
- Should my emotions be avoided and ignored?
- Can I safely share my big feelings with others? Will they understand?

Babies who consistently have their emotional and social needs recognised and responded to, are better able to handle stress and challenges.



