

The good enough parent

Young children need a caregiver who is **sensitive and responsive**, but that's not possible 100% of the time. Parents are imperfect, we are busy people, and juggling lots of demands. This is normal! Plus, babies actually don't thrive on perfection. They need a little bit of challenge - including safe ruptures and repairs- to grow and develop well emotionally.

The 'good enough' parent is not perfect. They simply respond to their child's needs in a **sensitive** way, **consistently** and **predictably** enough to support healthy emotional development.



Consistent and predictable care allows children to develop trust in you.... And trust in themselves to confidently explore their world. Then, over time, they will learn to manage their own feelings and emotions.