

# Repair

## What does repair feel like?

- Calm
- Warm
- Loving
- Supportive
- Empathic
- Accepting
- Curious
- Restorative
- Playful
- Child-led
- Unpressured
- Safe
- Connected

## Here are some ways to repair:

1. **Do it now...** Respond as quickly as you can to your child's cue
2. **With warmth....** Respond in a warm and understanding way
3. **Softly....** Use a soft, gentle voice
4. **Wondering...** Wonder what your child might be trying to tell you about how they are feeling
5. **Following:** Follow their lead. What do they want you to do next with them?
6. **Connecting...** With your eyes, let your child know you are noticing and watching out for them
7. **Soothing:** Hug, cuddle and touch with caring contact
8. **Just being there:** Make time to simply be with your child without anything else to do.
9. **Smiling:** share your child's delight in small things, and show that they bring you joy too



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