

The trust dance

Your child's part in the trust dance is to:

Observe you closely: watch your face and body, noticing your expressions and movements.
They'll listen to your voice and feel your touch.
They'll notice your timing in all of this.

Your baby will give you cues how to respond to them and how to pace that response well.

What they need will be hidden in plain sight: they will show you through their emotions, facial expressions, movements, and behaviours.

As a parent, your part in the trust dance is to

Look: Watch, Notice & Monitor what you baby is doing.
Get curious: How might my baby be feeling?
Reflect: Why might my baby be behaving or feeling this way? How might that feel for them?
Follow their lead: What did my baby just do, and how would they like me to add to that?
Reassure: Accept and support them when they're having a hard time
Keep trying: If you don't get the steps of the trust dance right, keep trying. When we are learning to dance its normal to step on each other's toes; it takes practice.

