



## BRINGING THE LESSONS HOME

*for Families and Caregivers*



In Primary Project and everyday parenting, we believe in the simple yet powerful concept of “showing up” or being fully present for children.

Primary Project emphasizes the power of relationships between young children and caring adults in the school setting. For students who participate in the program, relationships are built on trust. Child associates build trust by demonstrating consistency, reliability, and warmth. Through weekly sessions, child associates show up for students on their scheduled day and time, week after week, over the course of 12-15 weeks. When adults are reliably present when they say they will be, children feel truly cared for.

Similarly, despite our busy and sometimes complicated lives, parents are there for their children daily. We take time to demonstrate consistency, reliability and warmth through reading bedtime stories, participating in play time, and attending sporting and school events. The list goes on! From birth to early adulthood, children thrive when parents are consistently there for them.

By “showing up,” parents and child associates make children feel safe, seen, soothed and secure. Here’s how:

	Child Associates in Primary Project	Parents
<b>Safe</b>	<ul style="list-style-type: none"><li>Weekly sessions are delivered in a designated play space that is filled with expressive toys and materials.</li><li>Safety is provided through consistency of showing up the same time every week over the course of 12-15 weeks.</li></ul>	<ul style="list-style-type: none"><li>Be “present” in tough moments to help children welcome setbacks as opportunities to learn and try again.</li></ul>
<b>Seen</b>	<ul style="list-style-type: none"><li>Child associates are present and attentive with both non-verbal and verbal communication.</li><li>Child associates use a set of child centered skills that can also be used by parents.</li></ul>	<ul style="list-style-type: none"><li>Do your best to notice your child when they are trying to be noticed.</li><li>Children who are seen often feel calmer and more confident.</li></ul>
<b>Soothed</b>	<ul style="list-style-type: none"><li>Child associates are trained to let children “do for themselves.” They provide the space for them to “try.”</li><li>Associates use encouragement over praise. For example, “you are really sticking with it to get it just the way you want!”</li></ul>	<ul style="list-style-type: none"><li>Provide consistent reassurance that your child “can do it” and that you are nearby to support them when needed.</li></ul>
<b>Secure</b>	<ul style="list-style-type: none"><li>Safety and security are provided through consistency in time and space.</li><li>Child associates pay attention to what children both say and do in the playroom.</li></ul>	<ul style="list-style-type: none"><li>Be present physically and emotionally. Take time to listen to children and understand what children are telling you both verbally and non-verbally. When we pay attention, children feel safe!</li></ul>