

I'm Here With You

Mini Moments

Gentle support for big,
unexpected moments



How to be alongside a child in an unexpected moment

Something unexpected is happening, and the child you work with
may be feeling many things -
or nothing at all

This moment isn't about having the right words or fixing what's happening

Staying close, keeping your voice calm,
and being present is enough

Offer simple choices and gentle reassurance

Let them move at their own pace -
whether they want to talk, stay quiet, or just sit near you

You are their safe place right now



Let's Think Together

You might like to think or talk about:

What might happen next?

Is there anything you're unsure about?

Is there anything that might help
you feel a little safer?



What Does Your Body Need?

Your body might need something right now...

Having someone nearby

A quiet moment

A wiggle or stretch

A deep breath

What feels right for you?



What Helps You Feel Close?

You might have things that help you feel a
little closer
or a little safer

A thought

A memory

Something you like

Something that matters to you

You can come back to these anytime



You Can Go At Your Own Pace

You don't have to get anything right

You can:

Watch

Join in when you're ready

Have a go

Trying is enough



When You Come Back

When you come back from being somewhere new...

Something that felt okay
Something that felt tricky
Something you're proud of

Or nothing at all

Every step matters





**You deserve to feel
safe and cared for**

