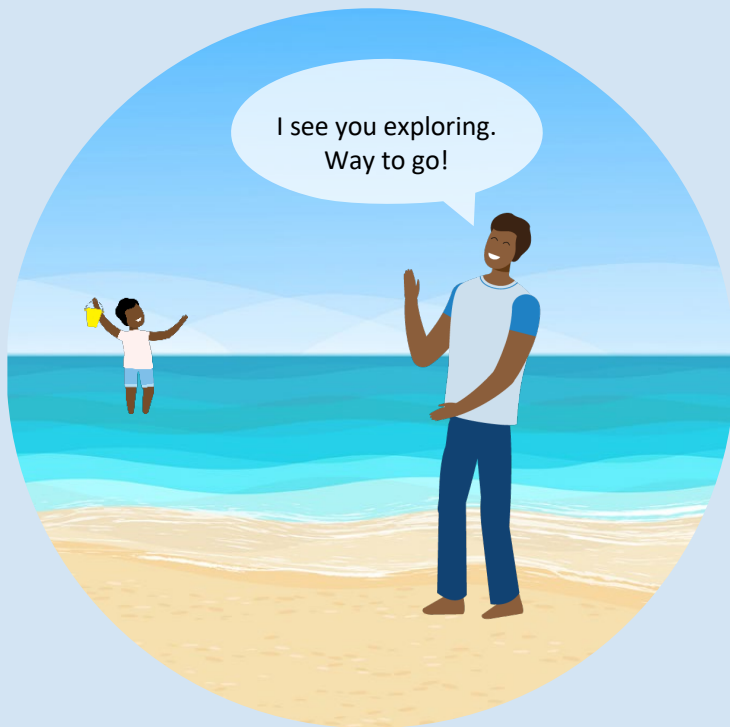


Building a Strong Foundation

Secure Base

When I am a **secure base** for my child, I help them feel confident to explore, learn, and take healthy risks.



Safe Haven

When I am a **safe haven** for my child, I comfort or soothe them when they are scared, upset, or sick.



Being both a secure base and a safe haven for my child helps build our relationship.