

# Safeguarding Your Children

## Active Listening

- Listen attentively: turn to your child and maintain eye contact.
- Use expressions like; "I hear what you are saying, I can hear/see you are really upset about that".
- Don't always try to fix the situation.
- If it isn't an appropriate time, arrange with them another time.
- If your child tells you something that is concerning remain calm.
- Seek help (see information on who to go to).

## Building Blocks

Key concepts on how to be there for your child.

1. Be Aware
2. Be Alert
3. Be Attentive
4. Be Affirming
5. Be Available
6. Be Accepting
7. Be Accountable
8. Be Accessible

## Understanding Feelings and Emotions

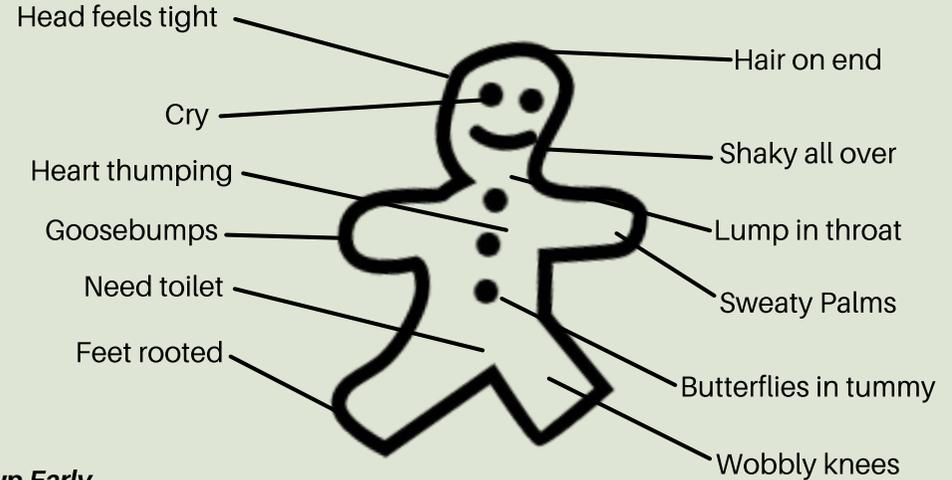
It is important to help children and young people to understand their own *Early Warning Signs* so they can understand when they are in a situation that might not be safe.

Work through this image with your children. Get them to think about the feelings and why they might have them.

## Safe Person Hand

Sit with your child and ask them to choose 5 people who they can trust, who are accessible, who would believe them and be able to help if needed.

Once your child understands their early warning signs they can use the safe person hand to go to someone if they feel unsafe.



## Protective Behaviours Concepts

Teach your child:

- About personal space and that they have the right to it.
- That no one should see them naked. You can start this early by not letting anyone else go into the toilet with them, except certain trusted people.
- To say “no” if they are in a situation that they are not comfortable with.
- Boundaries for keeping safe.



Introduce the idea that we sometimes do risky behaviour to have fun but that we should understand when that becomes dangerous.

Go through these with your child and ask them to come up with their own examples. This can also highlight if your child isn't feeling safe in a usually safe situation. For example if they are being bullied at school, this won't be a safe space for them.

## Safety Continuum



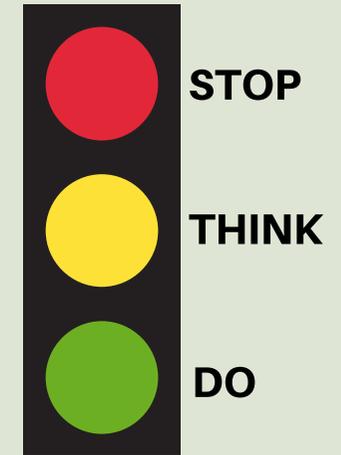
Help your child to use this simple technique to recognise unsafe feelings and what to do about a situation. This is used alongside the Early Warning Signs and the Safe Hand.

**STOP** - understand the feeling: “I have tummy ache, I am feeling nervous, I don't like this situation.”

**THINK** - what needs to be done to get safely out of this situation?

**DO** - recognise that you have the choice to do something.

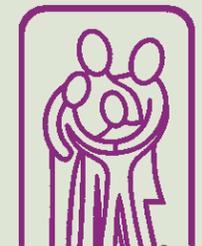
## Traffic Light Technique



## Who to talk to

Approachable Parenting is here to support families. We run parenting courses, which cover the concepts in this handout. We also have online workshops and parent mentor volunteers. To find out more visit our social media pages or visit our website at [www.approachableparenting.org.uk](http://www.approachableparenting.org.uk)  
Alternatively, contact Childline at 0800 1111

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