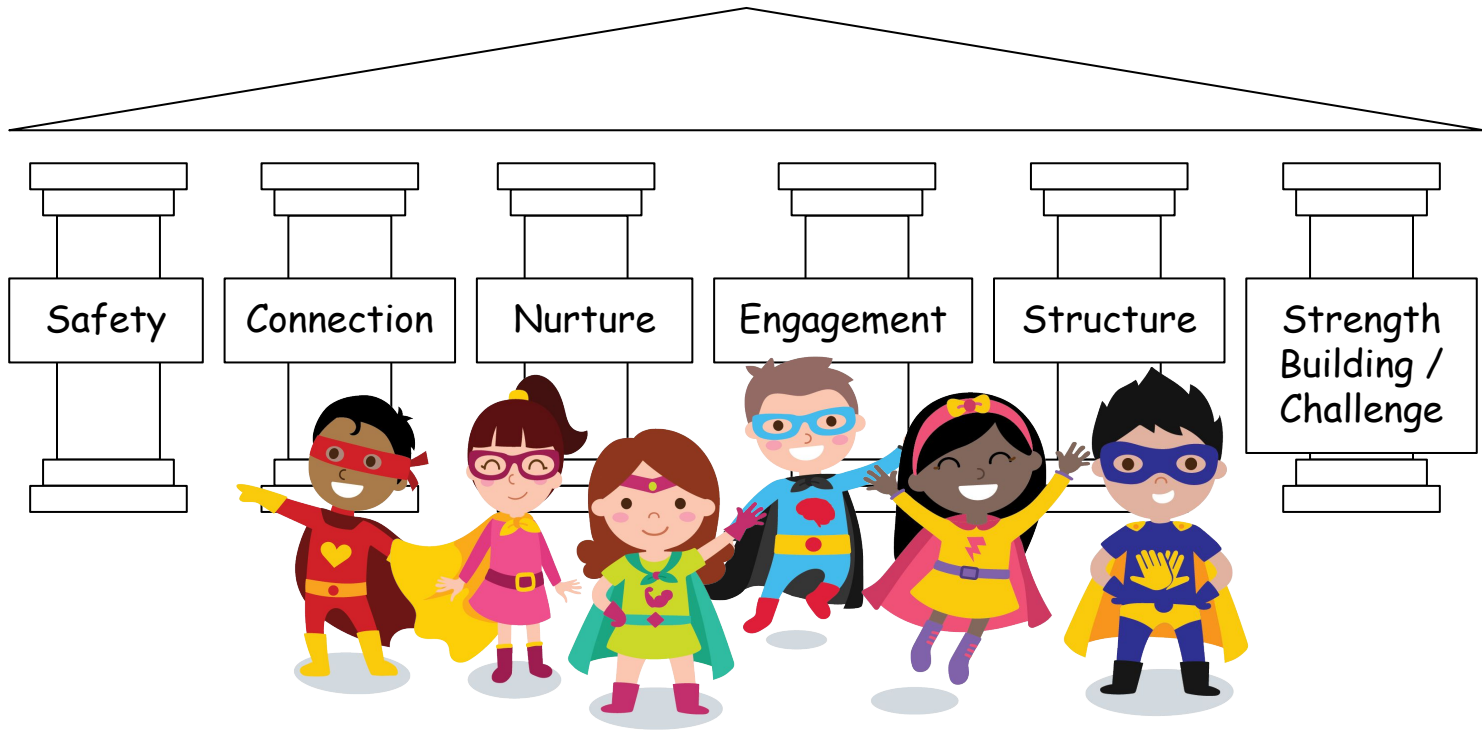


PILLARS OF A SUPER STRONG HOME



Give your children a **SUPER STRONG** foundation by strengthening all the pillars of a healthy nest.

Safety: Keep your children safe, meet their basic needs and protect them from abuse and neglect. Regulate their bodies with proper food, water and sleep.

Connection: Make sure children get a generous dose of healthy relationships in and out of the nest. Practice conflict resolution, friend making, sharing, taking turns and manners.

Nurture: Give your children healthy touch and meet their needs warmly. Listen to them, delight in them and make them feel special and loved.

Engagement: Play with your children. Include risky and messy play into your days and engage them with the big world around you. Expose them to a variety of sensory experiences.

Structure -Be a compassionate leader, bring order to your home and use appropriate rules, routines, rituals and give everyone in the home meaningful responsibilities.

Strength Building & Challenge: Help children grow strong through practice, practice, practice and healthy challenge



Safe, Connected Nests offers caregiver courses and coaching online and in person, as well as playgroups that help families build **SUPER STRONG** nests. Find us [SafeConnectedNests.com](https://www.SafeConnectedNests.com)

