



# Secure Base

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## PROVIDING A SECURE BASE

### **Progress Record**

Name of child:

Date of birth:

**1. Availability – helping the child to trust**

<b>Date</b>	<b>Behaviour that shows the child's ability or inability to trust /to use caregiver(s) as a secure base</b>	<b>Suggested approaches to build on strengths and help with difficulties in this dimension</b>	<b>Change/progress</b>

2. Sensitivity – helping the child to manage feelings and behaviour

Date	Behaviour that shows the child's ability or inability to manage their feelings and behaviour (and tune in to the thoughts and feelings of others)	Suggested approaches to build on strengths and help with difficulties in this dimension	Change/progress

**3. Acceptance - building the child's self esteem**

<b>Date</b>	<b>Behaviour that shows the child's self esteem, ability or inability to enjoy success and manage setbacks</b>	<b>Suggested approaches to build on strengths and help with difficulties in this dimension</b>	<b>Change/progress</b>

**4. Co-operation - helping the children to feel effective – and be co-operative**

<b>Date</b>	<b>Behaviour that shows the child's ability or inability to make choices, feel effective, be co-operative</b>	<b>Suggested approaches to build on strengths and help with difficulties in this dimension</b>	<b>Change/progress</b>

5. Family membership – helping the child to belong

Date	Behaviour that shows whether the child feels a comfortable sense of belonging in your family/in their birth family	Suggested approaches to build on strengths and help with difficulties in this dimension	Change/progress