

Promoting Stability Team

Working with carers to build safety in relationships

In this team, we....

Understand behaviour
is communication

Sit with the
uncomfortable

We do Playfulness,
Acceptance, Curiosity and
Empathy

Recognise past
experience can still be
lived in the present

Stay curious not
furious

Offer empathic listening

Promote a non
shaming approach

Focus on 'what
happened to you, not
what's wrong with
you'.

Support using two
hands of parenting—
nurture and
boundaries

Encourage self care

Believe in connection
before correction

Know that every
trauma experience is
individual