

5 simple rituals to make your child feel secure

Rituals are stable reference points in a changing world.
They structure time, calm anxiety, and reinforce feelings of security.

1. THE MORNING RITUAL

When ?

- Upon waking up
- On the way to daycare
- Upon arrival at the childcare worker's house
- Upon arrival at the nursery

Why ?

- To start the day with a bond

How ?

- A gentle gesture
- A nursery rhyme
- A kind word
- A short action

"I'm here, your day can begin."

Always the same gesture or the same phrase

2. THE TRANSITION RITUAL

When ?

- During separations (exceptional and everyday)
- When changing locations

Why ?

- To help your child move from one world to another

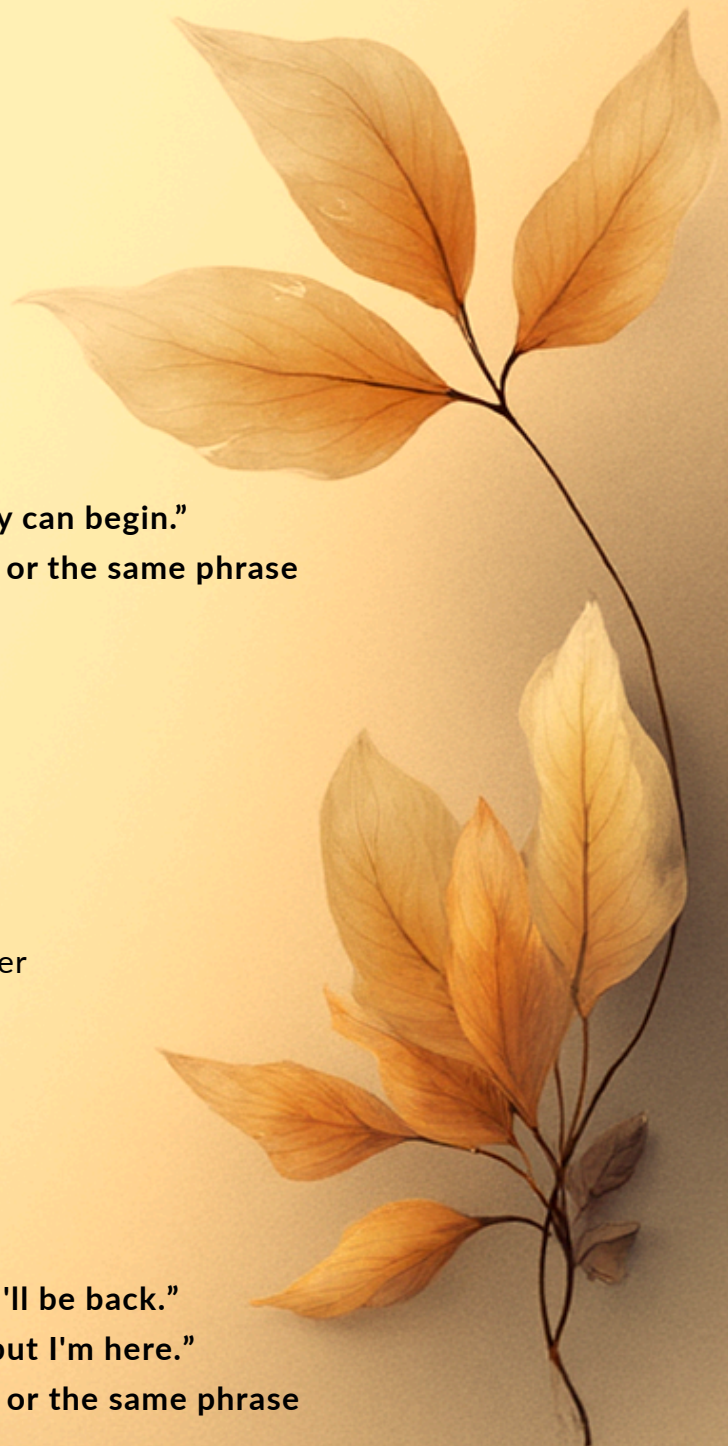
How ?

- A gentle gesture
- A nursery rhyme
- A kind phrase
- A short action

"I'm leaving, but I'll be back."

"It's a new place, but I'm here."

Always the same gesture or the same phrase



3. THE EMOTION RITUAL

When ?

- After a moment of intense and/or difficult emotions.

Why ?

- To make sense of what has been experienced.

How ?

- Name emotions without judging.
- Use clear and simple words.

“You were very sad earlier.”

4. THE EVENING RITUAL

When ?

- Before bedtime
- At bedtime

Why ?

- To calm the nervous system
- To prepare the child to drift off to sleep

How ?

- A gentle gesture
- A nursery rhyme
- A soothing phrase
- A short action

“The day is over, you can rest now.”

Always the same gesture or the same phrase

5. THE REPAIRING RITUAL

When ?

- After a conflict (behavior that required adult intervention)

Why ?

- To restore the bond

How ?

- A conversation
- A gentle gesture
- A kind word

“Even when it's difficult, the bond remains.”

