

# CHECK-LIST

Am I in a safe position for my child ?



This checklist is not a tool for judgment, but rather a guide for reflection. It is applicable to parents, childcare professionals, and anyone who supports a child's overall development.

- I take care of myself so I can be a better support
- I take the time to look at my child when I talk to him/her
- I differentiate between emotion and behavior
- I welcome the emotion before setting boundaries
- I allow myself not to know everything
- I repair when I make a mistake
- I speak respectfully, even when I am tired
- I recognize the needs behind behaviors
- I provide stable guidelines
- I value effort over results