

## SAFE

### SAFE

- Equipment / medicines stored safely.
- People coming into the house.
- Safe place for children to go to.
- Not using substances when children are in your care.
- You and your child feel safe.

## HEALTHY

### HEALTHY

- Keeping health appointments for yourself and your child.
- Ensuring money is available for food.
- Making healthy choices.
- Making time to be active outside of the home.

## ACHIEVING

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- Spending time with and encouraging your child.
- Taking an interest in school or nursery.
- Encourage clubs and hobbies for self and child.
- Understanding your child's age and stage.
- Satisfied that you are meeting your own and your child's needs.

## NURTURED

### NURTURED

- Ensure the home is clean and warm.
- Listen to your child and encourage them to discuss their feelings.
- Make time for family time together.
- Use praise, encouragement, warmth and affection.
- Identify an appropriate adult you are able to discuss your feelings with.

## ACTIVE

### ACTIVE

- Spend time having fun.
- Try new activities together.
- Support school / nursery activities.
- Encourage opportunities for play and sporting activities.

## RESPECTED

### RESPECTED

- Listen to your child and include them in decisions.
- You feel people listen to you.
- You are fully involved in making decisions about your life.
- If you need it, you have supportive friends who will help you express your views and make decisions.
- Develop and improve relationships with key family members and friends.

## RESPONSIBLE

### RESPONSIBLE

- Ensure consistent routines.
- Give clear guidance on what's right and wrong.
- Behave in a way that sets a good example to your child.
- Encourage your child to be helpful and care for others.
- Develop confidence in making good decisions.

## INCLUDED

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- Let your child know they are a valued part of the family.
- Encourage positive friendships and relationships for self and child.
- Assist your child to feel part of their community.
- Participate in community activities.
- Feel that other people enjoy your company and want you around.