

The Balance of Life



Secure relationships and interesting experiences help to build our brain and meet our needs.



When we have many of these positive 'sunny' experiences, we see the world in a calm and positive way.

When we experience trauma or have adverse experiences we can see the world in a different way.



When we have had enough 'yellow' experiences, then the 'blue' experiences can be recovered from. It's as if the blue is changed to green because of the yellow underneath, and we develop resilience.



Sometimes things happen that are outside our control and our children experience trauma or very stressful experiences. Sometimes we may look back and wish we could change how things were for them. We cannot change the past but we can change the balance!

By deliberately spending more time with our child to develop the security of their attachment, or by planning in new, positive experiences, we can change the balance! We can help to build the 'yellow' sunny experiences that allow them to cope with the 'blue' stressful experiences.

Help them to build a strong foundation so they can cope with stressors past, present and future!