

Heartfelt hugs

Children in a childcare setting need contact with familiar carers to ensure they can grow confidently and feel self-assured.

At times children need to be cuddled, encouraged, held and offered physical reassurance - here are our top tips:

- Children need an emotional bond with the adults who care for them.
- Children should be able to be cuddled and get emotionally close to carers at childcare settings to support their emotional well-being.
- Practitioners need to be trained and confident in providing an appropriate close bond that does not seek to replicate or replace the bond between parent and child.
- Talk to children about how hugs can make you feel and when is a really good time to give a hug.

