

Building Blocks of Secure Relationships – Qualities and Practices

Add any qualities and practices you have identified from the 'Turn To' exercise to the list. Using the list of qualities and practices, think about what you do with the babies in your care. Indicate any qualities and practices that you feel you could improve.

	Qualities and Practices	Do	Need Improvement
1	Maintains eye contact		
2	Listens		
3	Doesn't judge		
4	Affectionate -- Hugs, rubs backs, pats hands		
5	Uses soft tone of voice		
6	Individualizes, allows self-pace		
7	Supportive		
8	Empathetic		
9	Communicates, asks questions, offers ideas		
10	Positive give and take		
11	Mutual respect, calls by name, tells what is happening		
12	Predictable, consistent routines and care		
13	Positive emotional connection		
14	Shared positive experiences		
15	Mutual trust		
Insert your 'turn to' person's actions below, if not listed.			
16			
17			
18			
19			