

Back To The Child

Know Their World

Connection grows when you notice the small details of their everyday world.



1. What are they into right now?

Interests, hobbies, favourite things.



2. What matters at school or in their day?

Friends, teachers, routines, everyday life.



3. What helps them feel safe?

Comfort items, closeness, familiar rhythms.



4. What is hard for them lately?

Worries, transitions, overwhelm, frustrations.



5. What helps when they're dysregulated?

Movement, quiet, snacks, time, sensory supports.



6. What makes them light up?

Laughter, pride, fun, play, special topics.

Knowing their world helps them feel known.

Small details build real connection.



Back to the Child
No blame. No shame. No sides.



backtothechildproject.org