

Heard, Held, Healed

Enabling Today's
Children to Flourish

Pooky Knightsmith

@PookyH

pooky@inourhands.com | pookyknightsmith.com



No significant
learning
occurs
without
significant
relationships

-Dr James Comer-
Professor of Child Psychiatry, Yale



Overview

-1-

See the Child



-2-

Be a Safe Adult



-3-

Be Consistent



-4-

Listen



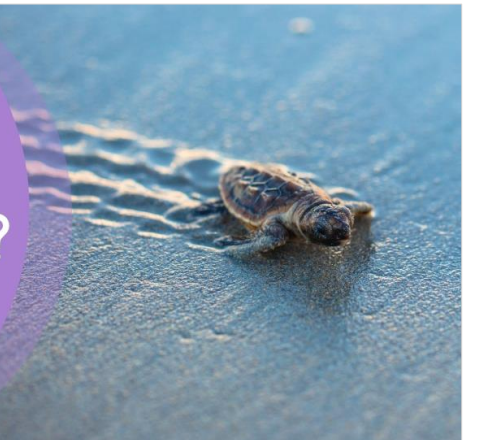
-5-

Enable
Belonging



-6-

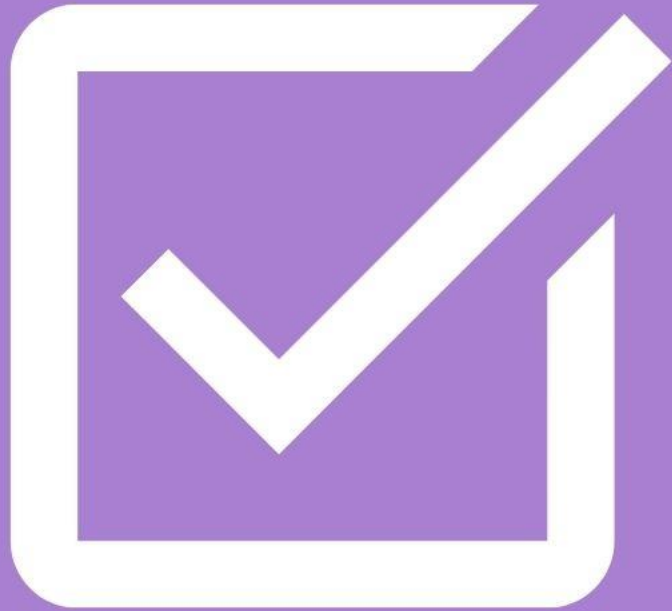
Be Vulnerable?



-1-

See the Child





**Discover what makes
them tick, not what
makes them tick boxes**

A person with curly hair is looking through a magnifying glass. The background is white. There are three purple callout boxes with white text. A purple banner is at the top right.

See The Child

3 Things to Try

- 1 -

Take an
interest in
their interests

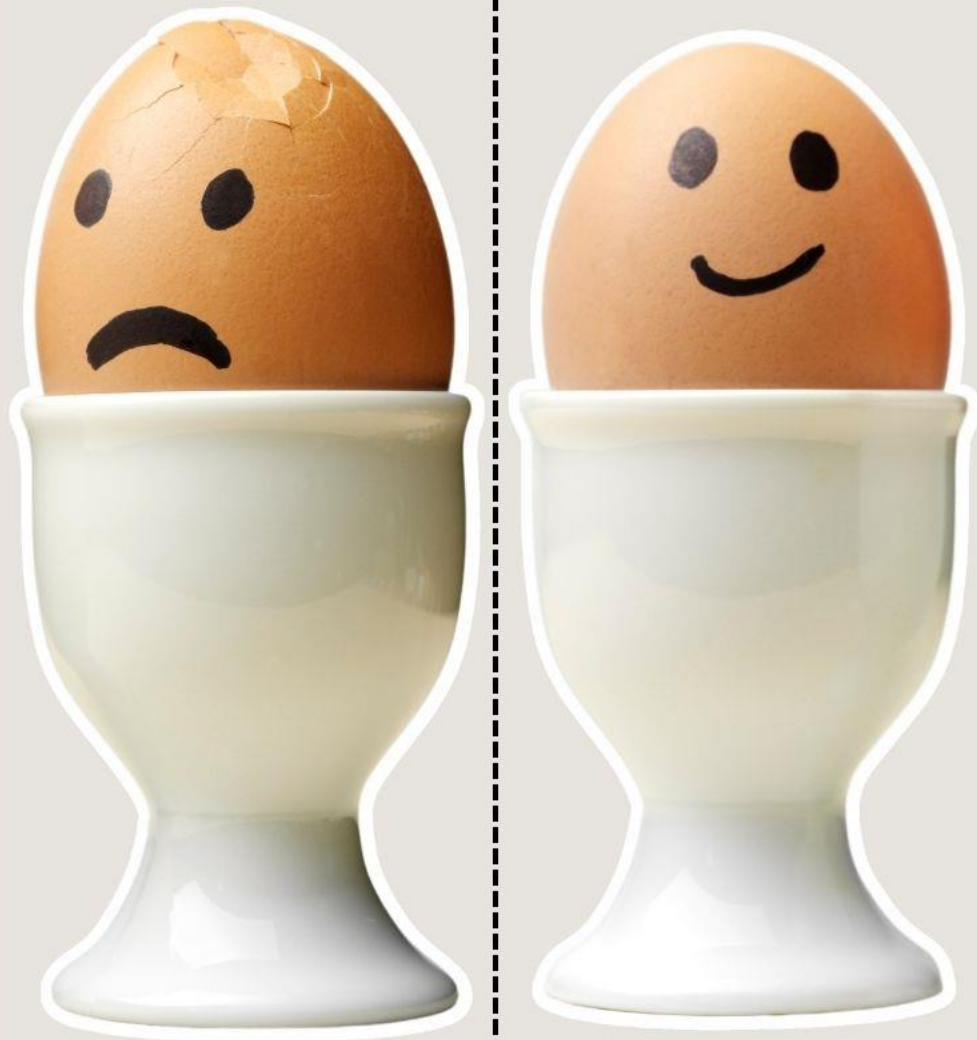
- 2 -

Sincere,
specific
praise

- 3 -

Start with
strengths

CK is a LAC with ASD. Her emotional regulation is poor and attendance is 63%. She is low achieving.



Cara is funny and kind. She's a brilliant big Sister and a great goalie. She loves to draw and has a keen interest in dogs.



**The story we tell about
a child is the story they
will tell about
themselves**

**Make sure they know
they're a good egg...**



- Try This? -

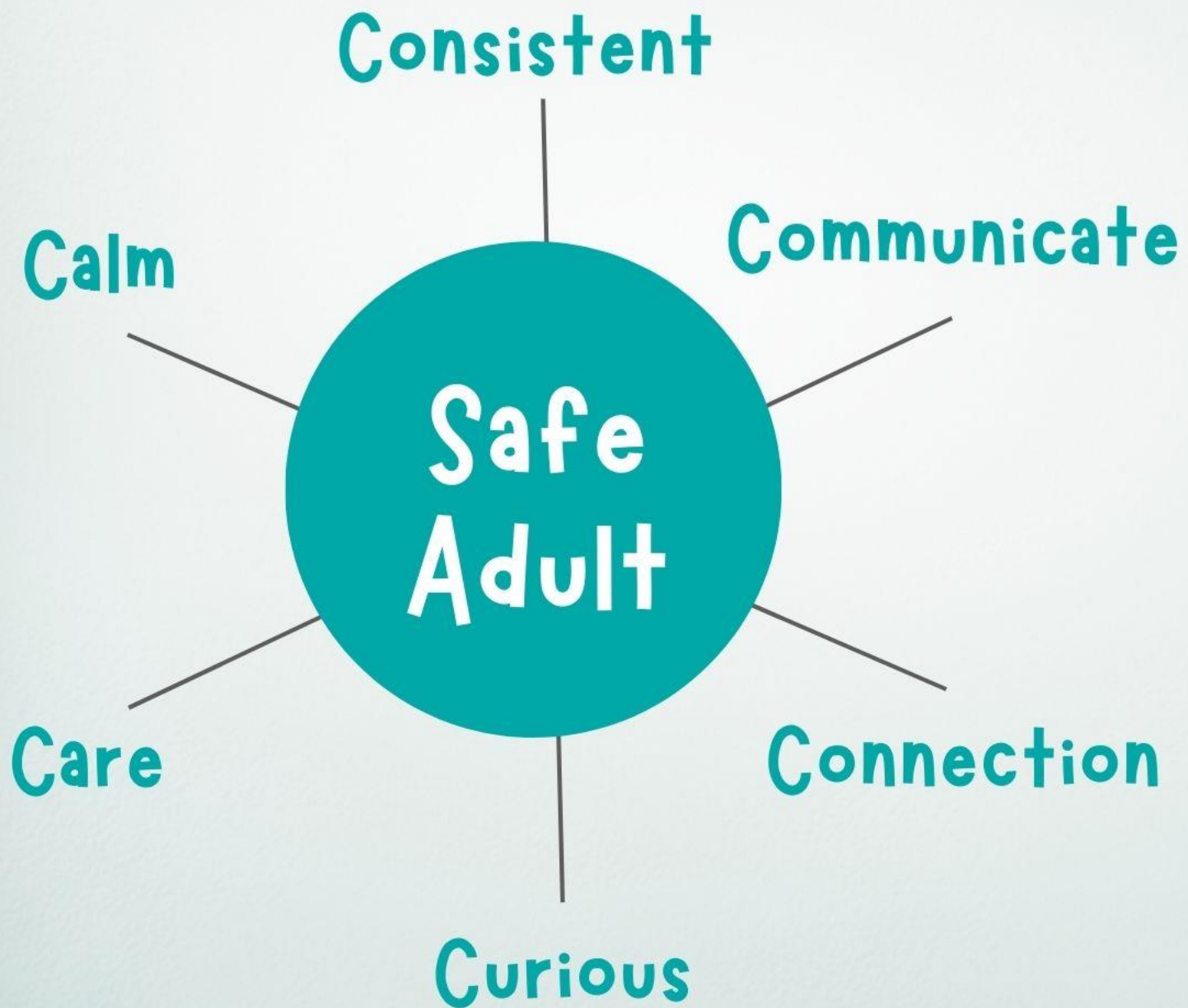


**Corridor
smiles**

-2-

Be a Safe Adult





- Try This? -



**Notice your breath
& your body... your
calm is catching**

-3-

Be Consistent



Children need to know what to
expect from us...
...and what we expect
from them



BORING (in a good way)

Follow through

Few, simple rules

Buffer transitions

Routines & rituals



Everyday Routines & Rituals

A woman with long brown hair is smiling warmly at a young boy. She is clapping her hands together in front of him. The boy is wearing a green polo shirt and has a backpack strap visible over his shoulder. He is also smiling. The background is a blurred classroom or school hallway with colorful posters on the wall.

I greet each child individually as they arrive, it tells them 'I see you'
and I can quickly see who's struggling today

- Try This? -



**Mood flip music to
transition between
activities**

-4-

Listen



“ – *Listening*

Listening is the most powerful intervention of all. Good listening enables a child to feel heard, helps us better understand them and is the bedrock of a positive relationship

”

**What if we listened
with a view to
understanding, not
responding?**





Focus

Be curious

Reflect

Silence



- Try This? -

**Walk and talk to
enable difficult
conversations to
happen more easily**

-5-

Enable

Belonging



“ — *Belonging*

[The gang] was the only place I belonged. My face fit there. The choice was trouble or loneliness, I guess I picked trouble



”



Belonging

3 Things to Try

- 1 -

Kids like me

- 2 -

Invite
outsiders in

- 3 -

Problem
solve



- Try This? -

Purposeful buddying

can help both

children, not just

the new/quiet kid

-6-

Be Vulnerable?



Share... BUT...
Your worries must
not become a child's
burden to bear



Here Human Role Model

Mistakes
Problem-solving
Self-Care
Fun
Repairing Ruptures





Every rupture is an
opportunity to
learn about repair

- Try This? -



Say "I'm Sorry"

and mean it

You cannot
make this
journey for
them, but
you can
prevent them
making it
alone



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