



# Session 1.4

## Providing a secure base and a safe haven



### Video - Providing a secure base and a safe haven

*What do we mean by a secure base?*

*What do we mean by a safe haven?*

“There is a subtle skilful balance to be made between helping a child have the confidence to be adventurous and stretch their capacities, from a secure base with their key person, and trying to force the child to do these things by not allowing him to have a secure base with his key person in the first place.”

Peter Elfer et.al.2012

# Task 1



Safe haven - video clip 1



Safe haven - video clip 2



Secure base - video clip 3



Secure base - video clip 4

*The following clips show children using their key person as a secure base and safe haven.*

*Bear in mind Peter Elfer's quote whilst observing the clips and look out for:*

- What evidence do you see of children using the key person as a secure base to explore from and begin to take risks?
- What evidence do you see of children seeking out their key person as a safe haven when they need comfort and reassurance?



Secure base & safe haven - video clip 1



Secure base & safe haven - video clip 2



Secure base & safe haven - video clip 3



Secure base & safe haven - video clip 4

# Reflection

- What do the practitioners do to provide a secure base and a safe haven for these children?
- What differences do you see in the way these children use their key person to feel secure and as a safe haven?

# Action to be taken

*From the discussions that you have had with your staff team in this session, are there any issues organisational or personal that you need to take up?*