

Feeling safe



**Australian
Childhood
Foundation**

www.childhood.org.au

People and animals like to feel safe. We all have things that we do when we feel safe. This book shows some of the things that animals do when they feel safe. I wonder if anything in this book reminds you of things you do? It can be good to practice thinking and talking about safe times with your important people.

*All children have the
right to feel safe.*

To me feeling
safe means...

Travelling on my
mum's back



Singing my
favourite
song



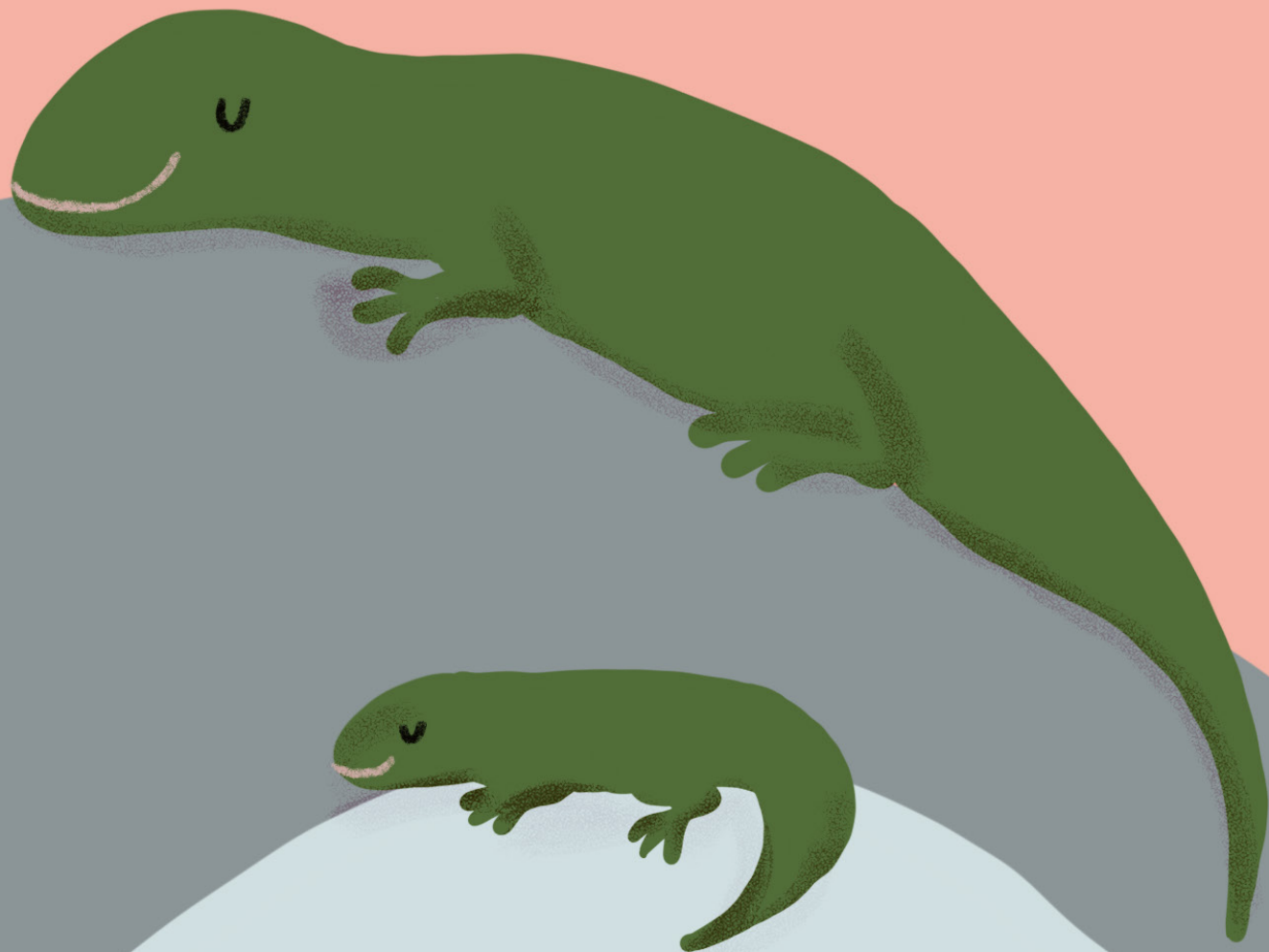
Getting my
tummy rubbed



Having a comfy
spot to rest

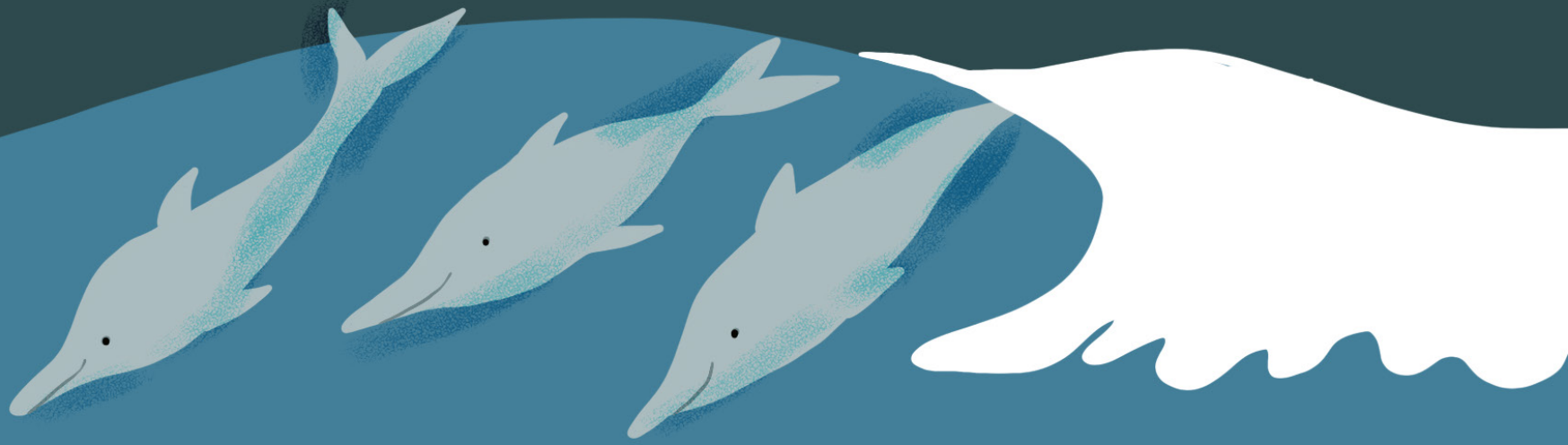


Lying in the sun
on a warm rock



MY auntY
cleaning
mY fur





Playing with my
friends

Purring
on my
human's
lap



Exploring
what's
around me



I wonder
what feeling
safe means
to You?

Feeling safe is an important concept to explore with children who have experienced trauma, because they have often spent more time than most not feeling safe. We need to help children and their important people to nurture experiences of safety in their lives.

We need to talk more about the feeling of safety with children and to ensure they can recognize it in their lives. We hope this e-book helps professionals, younger children and their parents/carers bring focus to what safety means for children.



The Australian Childhood Foundation is a national Not for Profit Organization. We work alongside children and families to help them heal from abuse related trauma, and to restore and foster safe, loving relationships in children's lives.