



Pyramid Model
0-3



Spotlight on Creating a Healthy Climate

SUBJECT: *Little Moments, Big Feelings – Building a Calm, Connected Climate*

Children thrive when their world feels safe, predictable, and caring. A positive social and emotional climate helps infants and toddlers learn to trust, explore, and express their feelings in healthy ways. Every routine, space, and word we use shapes that climate.

LOOK FOR:

- **Routines** that bring comfort and predictability—snack time, diapering, goodbyes, bedtime
- **Environments** that invite connection—soft lighting, cozy spots, family photos, welcoming tone.
- **Emotional literacy** in action—adults naming, validating, and modeling feelings.



PRACTICE TIP:

During your next visit, help parents notice how daily routines support their child's emotional health. Try asking: "When she cuddled into you during story time, what do you think she was feeling?" Or "He looked calmer once you told him what was coming next. How do you think that helped him?" Invite parents to think about one small change that could make daily life feel calmer or more joyful—like adding a goodbye song, using a "first/then" phrase, or naming a feeling out loud.



RESOURCE: Remember the [CAREgiving checklist](#) that can be used to look at consistency, attunement and the safety of the environment with families. Another resource.6mjim,k098op[]yui\piyugfds Q1'WSE2ECRRVBGG B to reflect upon is the [Caregiving Responsive Routines Planning Form](#). This can be used during home visits with families to help them talk through their current daily routines and help them to plan out the ways they will teach new skills during specific moments in the family's day.