

The background is white with scattered confetti in blue, green, and yellow. There are also several light green bubbles of different sizes. In the center, there is a large teal scalloped circle containing the title.

Bubble Messages

The reality is that our children may not physically see us for quite some time and we can plan symbolic experiences that communicate safety and attachment. Bubbles are great for sending and receiving messages whether they be affection, worry's or just hello's.

Simply ask your children to blow bubbles and to think about the message or to say it out loud. Equally you can catch messages too. As a key person you might send out bubbles as cuddles or happy thoughts.

This experience will help children to feel close to you.



The Invisible String

Use this idea to explain to children how they can remain close to their key person through the invisible string analogy.

Use a real piece of string if you have one and each hold an end. Explain that between people exists the invisible string and how it keeps us close and connected. You can quite literally pull the heart strings to remind you that your key person or loved one may not be physically close but they are still emotionally close

