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CURIOSITY

E The C in PACE
A Care-giving Formula by Dan Hughes

The "I don't know" approach

Curiosity is a process of discovery. We put our own assumptions and expectations aside and explore the child's inner thoughts and feelings. A curious stance is open and non-judgemental; it allows us to gain new perspectives on the reasons behind a behaviour.

The toxic effect of trauma on Curiosity

When early relationships lack sensitivity, responsiveness and positivity, the child may develop negative self-perceptions. This impacts their ability and willingness to explore, trust others, take risks and tolerate challenge and uncertainty in future environments and relationships.

A health warning about Curiosity

- It's tough! We must inhibit our natural instinct to change or correct negative thoughts and feelings expressed by the child.
- A curious stance can be met with initial mistrust or rejection. The child may have lacked this type of interaction in the past.
- We can get it wrong...and we have to be honest about this and thank the child for telling us how they're actually feeling.
- When we experience what the child is experiencing, this can have implications for our own emotional regulation and self-reflection. This is why it's important to have protected time for supervision and debriefing after a difficult day.

Examples of Curious Questioning

"I'm wondering if you're finding this work difficult and that's why you're asking to go to the toilet more often this morning".

"I'm thinking you're a little nervous about the new teacher in our class today and this explains why you're a little quieter than usual".

"I've noticed that you've been coming up to me for a chat over the last few days. Maybe you might be worried about something".

"I'm a little confused. Usually you love going to PE, but today you don't want to go. I'm wondering what's different about today".

"When she didn't sit beside you in the dinner hall, I'm guessing that you thought she didn't want to be your friend anymore".