

# I Need Help with 'Hard' Experiences

I love snuggling in and feeling close to you, so when we can't be close, I really struggle. It can feel a bit cold out here on my own. I feel better when your eyes connect us. Your voice and touch soothe me.

I know this is tricky for you, little one - you like to be close. You are so little, these big feelings must scare you. We are here with you and we'll help you make sense of these new experiences.

