



EYFS aligned | SEN friendly

# The Tots Box

Routine · Reassurance · Return



Hello, welcome. This guide offers additional ideas and examples for using The Tots Box™ in everyday life.

There is no expectation to use every suggestion. Take what helps. Leave what doesn't.

## **The thinking behind The Tots Box**

Many children experience anxiety around separation and transitions because they cannot yet hold where they are now, what is happening next, and whether someone is coming back. The Tots Box supports children by making these ideas visible and predictable. It does not aim to remove feelings or

enforce behaviour. Its purpose is to support emotional safety.

## **When to use The Tots Box**

Before leaving the house, before separation. Introduce the box before a moment of anxiety where possible.

## **Choosing tiles**

Start with 2–3 tiles only. Showing too many options can increase uncertainty. Examples include HOME → SCHOOL → HOME or HOME → APPOINTMENT → HOME.

## **Tile meanings**

SCHOOL can represent nursery or childcare. VISITING can represent visiting people, places, or events. OUT & ABOUT may be trips or walks. Unused tiles can remain in the box.

## **Blank tiles**

Use blank tiles for specific places, favourite activities, routines, or symbols chosen by the child. Writing, drawing, stickers, or shared meaning are all valid.

## **Wooden figures**

Figures may represent the child, carers, or people in general. Children may move them, observe only, or not use them at all.

## **Language**

Use simple, consistent phrases. Keep explanations brief. Repetition builds predictability.

## **If overwhelmed**

Reduce tiles, remove the box temporarily, and return later. The box should never feel like a demand. Some may choose to introduce it first as a toy allowing the child to create their Tot family while bonding with their Tot.

Use at home, nursery, school, healthcare, or community settings. Consistency across adults helps.

## **Progress**

Progress may include fewer repeated questions, shorter distress, or quicker recovery. Changes may be subtle.

## **Important**

The Tots Box is a support tool, not a therapy. Professional judgement and parental insight should guide use.

## **Final word**

Every child's world is different. The Tots Box™ adapts. Routine builds safety, safety builds confidence.