

Marte Meo, translated from Latin means 'on one's own strength'. The idea of supporting children to find their own strength is an important concept when working with young children. Marte Meo is a method which focuses on the importance of communication in the building of relationships and emotional connections.

Marte Meo includes specific techniques designed to increase social and emotional connection and communication. These include following, attentive waiting, naming initiatives, linking up, detailed guidance and confirmation.

Marte Meo activates development and starts exactly where the child is. It is a way that we can go into the world of a child and match their tempo, we follow their lead.

Four of the key Marte Meo principles are:

- Giving a welcoming face and using a nice tone. This assists with the development of a positive learning environment where the child feels respected, safe and confident.
- Following and naming a child's spontaneous initiatives. This supports the emotional connection, adds language, creative play, joint attention, concentration and self-regulation.
- Naming what we are doing. This promotes familiarity, predictability and co-operation and connection.
- Naming the child's internal experiences (what they are doing) supports emotional connection, development of language connected to feelings, the development of their self-registration and regulation. By doing this we are showing the child we see what they are doing and we like it, confirming that they have good ideas and are valued.



This photo demonstrates the importance of connection.

It is lunch time and rather than rushing through this process Sally is taking the time to connect with Girivar between each action.

Marte Meo gives us permission to be in the moment with a child. To be present with them, follow their lead, go at their tempo and share in the joy.

Linking up is another Marte Meo technique that lifts up social information for children. Naming the social situation gives children social information that they may not have noticed otherwise. This gives them social orientation and supports their interactions with peers.

