

Lotion on Feet



- Massage lotion or powder into my feet.
- Tell me all the things that I'm good at and the things that you love about me whilst you do that.
- Play "This Little Piggy" on my toes.
- Find a special freckle or take care of a hurt.

This helps me to understand what is special about me and to know that you value my special qualities. It helps me to feel connected to you through touch.