

# The Togetherness Cycle

Sometimes it feels like things are sunny between us. We can be together with each other, feeling warm inside and comfortable and calm.



Other times the rains come. Tears fall and it can feel like a storm rolls in between us. We shelter on our own and feel far away from one other. It can be hard in these moments.



But after storms come rainbows that signal the rain has passed. Beautiful rainbows bringing light and hope as we reflect on the storm and show we are sorry. Then we can come back together.

I feel sad that we have storms and grateful that we have rainbows.



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'The Togetherness Cycle' is a resource for professionals to use with families. It is intended to help parents and carers think about their relationships with their children. Many have found it reassuring to learn that their relationship with their child will be ok and even strengthened by going through this cycle together.

