



SAFE SPACE or WOMB SPACE

The term Safe space or Womb space refers to a space that is contained or enclosed in which an individual feels safe and secure. They can be passive or chose to be active in this space.

Typically it would be a cordoned off/screened off area in a room.

It would be quiet

It would have lots of heavy pillows, blankets, fabrics in it that help to make it a snug area. The heavy objects are also calming.

There may be a selection of tactile activities, vibrating objects or toys and a range of smells to choose from.

Activities within the womb space are client lead. Whilst items should be available to the client they are not generally introduced to the client. A client will instinctively choose what their sensory system needs.

For example, a client :

may choose to lie still

may choose to lie under a blanket

may choose to have something heavy on them

may choose to hold something vibrating.

may choose to explore things through touch.

The session ends as the client removes themselves from the womb space voluntarily.

The client should be immediately directed back to the classroom or to care activities.

Recording the session

The client may be affected during and immediately after the session.

Or effects can be seen much later in the day due to delayed processing.

It is important for all staff working alongside the client are to know that they have had a Womb Space/ Safe Space break at some point in the day.

Observations of all behaviour must be recorded in order to adapt the Womb Space/
Safe Space to suite the client

There will be a specific feedback sheet to fill in when clients first take part in a womb
space/safe space. This sheet will need to be completed by the caregiver/school and
all observations must be written down.