

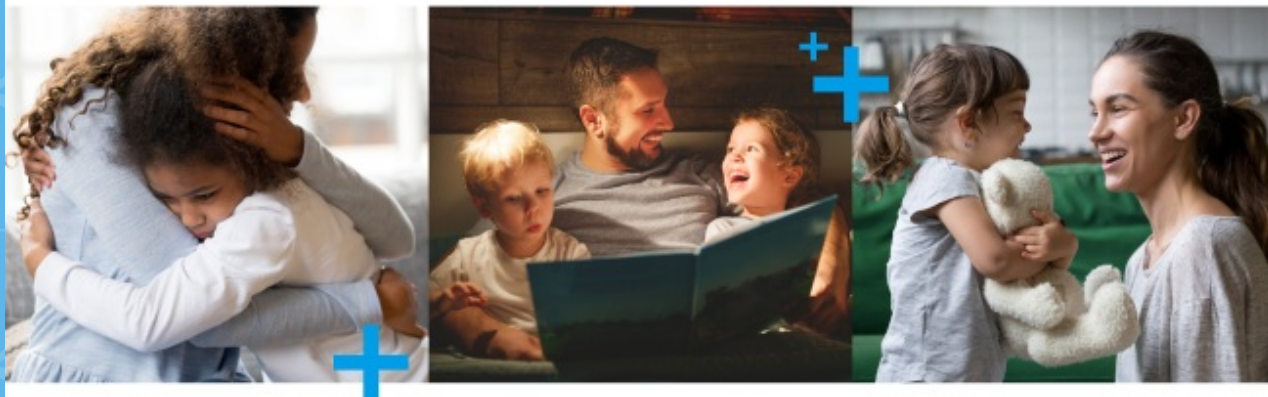


Positive Relationships with Children

It is important for children to have rich and supportive relationships with adults. Every relationship a child has shapes their early brain, physical, and social and emotional development.

Español: RELACIONES POSITIVAS CON NIÑOS

POSITIVE RELATIONSHIPS WITH CHILDREN



Early relationships are especially important when bonding with children. Relationships teach children how to form friendships, communicate feelings, build trust, feel safe and develop confidence.

Try some of these strategies to nurture relationships with children:

- + Talk with children about what they are interested in – show interest, ask questions, pay attention
- + Get on the child's level for face-to-face interactions and engage in one-on-one conversations
- + Use open-ended questions that lead to more than just one-word responses
- + Calm a child that appears to be upset with soft tones and understanding responses; rather than saying – “it's okay”

Connecting with children can happen anywhere - during mealtimes, riding in the car, or when tucking your child in at night. Taking a few minutes out of your busy day to connect with your child can build a foundation that lasts a lifetime.



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