

# 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.