



Positive Connections for More Cooperation

A strong, positive relationship with your child is the basis of cooperation. You can build a positive connection with your child and keep it strong as they grow and develop by celebrating their efforts and progress. Try using the 10 steps everyday to build a positive relationship.

1. Notice child's feelings
2. Respond warmly
3. Be reliable
4. Keep age and stage in mind
5. Create and keep routines
6. Accept child as unique person
7. Allow child to experiment
8. Spend time having fun
9. Notice and manage your emotions and stress
10. Express gratitude



Key Takeaways:

1. Attachment = seen, safe, soothed, and secure
2. Notice how many of the 10 steps you already do regularly. Add others one at a time.
3. Track changes, celebrate successes, focus on progress not perfection, and remember that ups and downs will happen.
4. Find your support system, keep yourself accountable, and don't be afraid to ask for help.

