



Build a Positive Connection with Your Child

- Notice, accept and reflect child's feelings
- Respond warmly and positively to child's talk and body language
- Keep child's age and stage in mind – match expectations
- Accept a child as an unique person – temperament, preferences, interests, etc.
- Allow child to experiment, explore and fail – avoid perfectionism
- Spend time together every day having fun (no technology) and listening carefully
- Notice your own feelings and stresses, manage your emotions

