

Tips for Parents/Caregivers to Support A Healthy Relationship with Your Child

Tip Sheet
#3

Audience: Parents and caregivers who need support with having healthy relationships with their children and the medical, behavioral health and social support people in the family's life.

Having a healthy relationship with your child (sometimes called a secure attachment) has long lasting positive effects on your child.

Here are three tips for having a healthy relationship with your child.

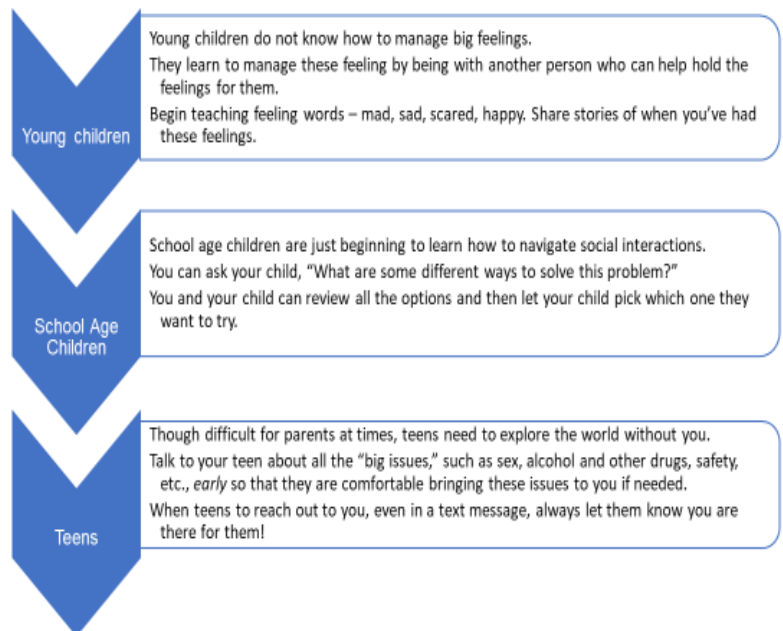
1. Parenting is hard at times.

When you feel frustrated or angry with your child, spend several minutes getting yourself to a calm emotional place before you respond to your child. Show and tell them how you are getting calm before you respond. You may be able to take deep breaths together.

2. Notice and name your child's feelings when you see them.

Children, like adults, feel heard when another person reflects their feelings with empathy and understanding. Children need to learn that all feelings can be shared with adults and caregivers they trust.

Tips for having a health relationship with your child at all ages



3. Practice being emotionally available to your children every day. Children crave their parent/caregiver's positive attention. Caregiving is MUCH MORE than giving a child food, clothing and shelter. They need your emotional presence and attention. Set aside 20 minutes every day to:

- Turn off your phone, TV or other screens
- Play with your child - letting your child take the lead on the play activity. Young children may want to play with blocks, while older children may want you to throw a baseball or collect flowers.
- Praise your child daily. Show them you enjoy spending time with them.

Following these tips will help your recovery and your children grow up mentally and physically healthy!