

JOINING FORCES

— FOR CHILDREN —



5 Ways to Show my Child I Love Them:

- 1 Leave a love note for your child- this can be a doodle or a picture left in surprising places.
- 2 Create a special high five or handshake with your child- include a song or rhyme if you want!
- 3 Snuggle while watching TV and be sure to give hugs and kisses throughout the day.
- 4 Turn off screens, like your phone or the TV, and give your child some undivided attention.
- 5 Talk to your child about your favorite memory of them- it could be when you first met, the story of their birth, or any other special moment.

The WHY:

Showing love for your child helps build brain connections during crucial early years and helps build secure attachment, self-esteem, and confidence. Your relationship with your child becomes a model for what a trusting, healthy, appropriate relationship is.



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5 Ways to Encourage my Child:

- 1 Be specific and point out effort, hard work, and individual progress. “You’re figuring it out- you’re working really hard on that puzzle!”
- 2 Enthusiastically acknowledge your child’s effort and feelings- try saying “Wow, you worked really hard!” or “It feels good to do that all by yourself”.
- 3 Catch ‘em in the act! Notice and point out the positive things your child does in the moment. Use words, high fives, fist bumps, anything to give attention to the good stuff!
- 4 Offer hopefulness with learning new skills: “You got this” or “you’ll keep practicing and you’ll figure it out.”
- 5 Point out your child’s individual strengths (e.g., tell them if they are smart, caring, kind, helpful, hardworking, etc).

The WHY:

When you encourage your child, it helps them feel capable and builds the “I can do it” attitude.



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5 Ways to Help my Child Feel Safe:

- 1 Have a consistent routine so your child knows what to expect and feels safe and secure in your home.
- 2 Teach your child body safety from a young age, including safe vs unsafe touches and proper name for body parts. If your child feels uncomfortable around someone, believe them.
- 3 Keep young ears and eyes away from grown up things and make sure there are appropriate parental controls on your family's devices.
- 4 If your child gets hurt, give them attention and tend to their boo-boos.
- 5 Use basic child proofing to keep your home as safe as possible.

The WHY:

Keeping your child safe is your first most important role as a parent/caregiver. When a child feels safe, they are better able to explore their environment and learn.



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5 Ways to Spend Quality Time with my Child:

- 1 Have a morning and bedtime routine; add 10 minutes of one on one time at the start or end of your day (ex. doing morning yoga, talking about their day, or reading a bedtime story).
- 2 Take pictures together often to see how things change!
- 3 Cook a meal or prepare a treat with your child.
- 4 Be active together- plant a garden, take a walk/hike, or go for a bike ride.
- 5 Share a laugh! Create a family joke book or have a family game night.

The WHY:

Spending time with your child can help build a strong, lasting bond and increase their self-esteem. In our fast paced world, it is easy to get distracted; being able to focus on your child can decrease stress for you and your child.



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5 Ways to Help my Child be Creative:

- 1 Help your child to make a place of their own to play, create, and experiment.
- 2 Make a family collage together using kid friendly magazines, family pictures, etc.
- 3 Dance and sing together- make simple instruments (maracas, shakers, drums) from items around the house and put on a concert!
- 4 Encourage your child pursue their interests- help them learn more about things they enjoy by going to the library or community events.
- 5 Help your child activate their senses- let them touch play dough, smell the flowers, taste something new, hear music, and see what they can find playing “I Spy”.

The WHY:

Creative activities help your child learn to solve problems, gives your child permission to be curious, and explore the world in a safe way.



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