

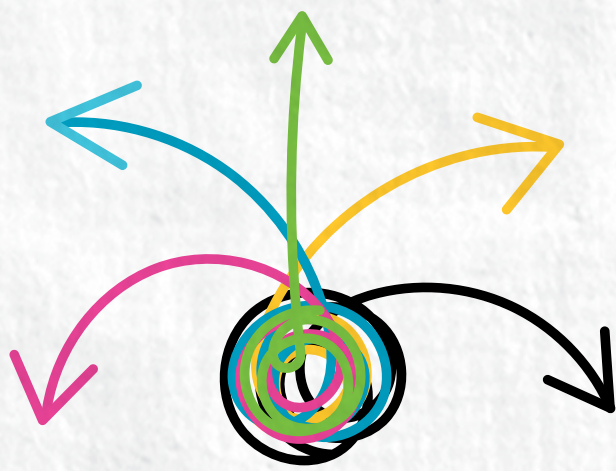
TIPS FOR HELPING KIDS BUILD RELATIONSHIPS

Relationship-building is the process of establishing emotional connections with others that are based on trust and intimacy. Through relationships, kids discover who they are and learn to understand others.

Here's how you can nurture relationship-building skills in your kids!



1



Allow for unstructured, uninterrupted time with your kids each day.

Don't multi-task or do anything special during this time, just be there with your kids and let them lead the play. When they have your full attention, your kids will feel loved and special.

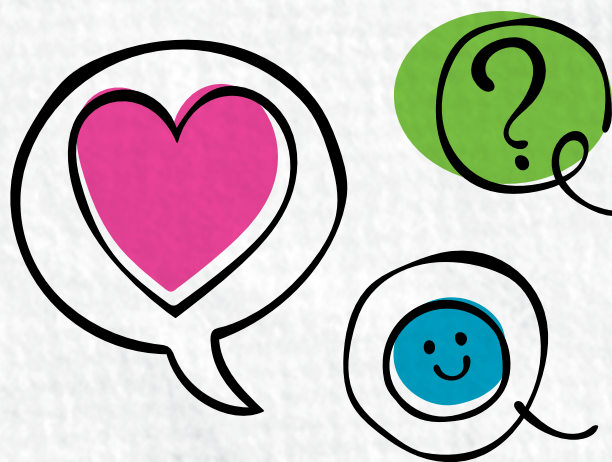
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Let your kids know you're interested in their activities.

You can give your kids attention by simply commenting on or describing what they are doing. You can also join the play and follow their lead, like taking turns or imitating what they are doing.

3



Encourage your kids to express their feelings.

Forming positive, healthy relationships depends on the ability to show feelings appropriately and to recognize the feelings of others. Teach your kids ways to show their feelings, and be sure to label your own feelings, too!

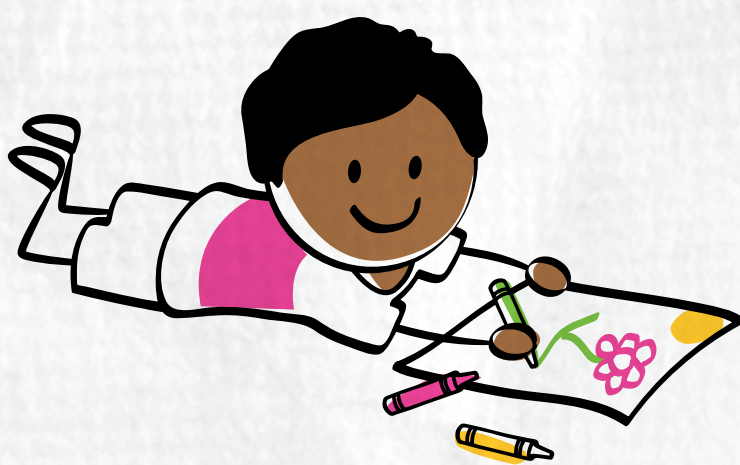
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Respect the way your kids feel.

This teaches your kids to trust their instincts and accept their feelings, and it can increase the chances your kids will share more with you as they grow.

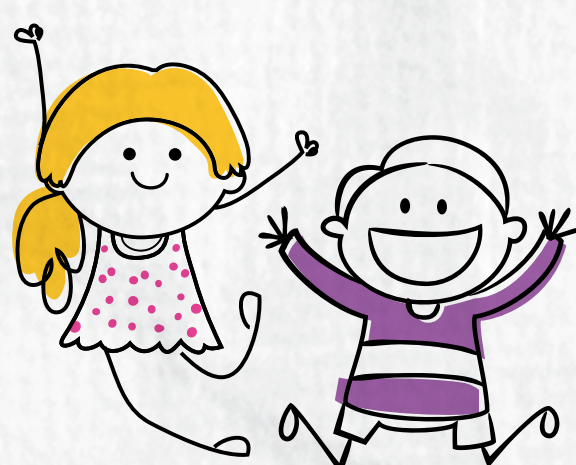
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Play games that explore feelings.

Playing pretend, drawing pictures, and reading books together are all great ways to express and talk about feelings.

6



Provide opportunities for your kids to develop relationships with friends.

Kids need time to practice sharing, taking turns, resolving conflict, and enjoying friendships. Playing together with other kids is a great opportunity to do all of this!