

3 THINGS PARENTS & CAREGIVERS CAN DO TO STRENGTHEN SOCIAL CONNECTIONS



Parents and caregivers play an important role in shaping the experience of social connection. Recognizing that strong, secure attachments are protective and a good foundation for other healthy relationships is an investment in your relationship with your kids and their relationships with others!

2

Connect Kids with Other Adults

Help your kids develop strong, safe, and stable relationships with supportive adults like grandparents, teachers, coaches, and counselors.

1

Model Healthy Social Connection

Spend time together as a family, stay in regular contact with extended family, friends, and neighbors, set time aside for socializing and participating in community activities, and model constructive conflict resolution.

3

Encourage Connection with Peers

Support individual friendships as well as participation in structured activities.

