

# RECIPROCAL RELATIONSHIPS

In a reciprocal relationship, each person is equally respected and valued. The relationship is balanced so that both people feel seen and heard.

When you engage in a reciprocal relationship with your kids, you shift from a “you and me” approach to an “us” approach, which creates room for collaboration and problem solving, and also builds trust and respect.



## SIMPLE WAYS TO ENGAGE IN RECIPROCAL RELATIONSHIPS:

1

When your baby smiles at you, smile back! Frown when they frown, respond and imitate their noises, talk back and mimic their expressions.

2

Make eye contact to communicate to your kids that they are seen.

3

Talk with your kids about what they want to do or how they want to play, and make an effort to include this in your day.

7

Listen to your kids and respond to their ideas! Remembering something they told you and recalling it later will show you were listening and that you cared about what they shared.



6

Make time for one-on-one interactions with your kids every day.

5

Think about your kids' environment – your house, their rooms, etc. Are they set up so your kids can access things they need? Do your kids have any control of what's there? Can your kids feel a sense of autonomy in any of their spaces?

4

Involve your kids in the activities you enjoy! Try cooking together, listening to music, reading a favorite book, or going for a walk.

