



BUILDING A STRONG CONNECTION WITH YOUR CHILD

September, 2026

SMALL MOMENTS. BIG IMPACT.

A strong relationship with your child helps them feel safe, supported, and confident. Positive connections with caring adults are one of the most important factors in a child's mental health and well-being.

4 SIMPLE WAYS TO CONNECT

1. **Be Present** :Spend a few minutes each day focused on your child without distractions. Read, play, walk, create, or simply talk together.
2. **Listen First** :Give your child your full attention. Let them share their thoughts and feelings before offering advice or solutions.
3. **Encourage Often**: Notice their efforts and strengths.
 - "I'm proud of you."
 - "Thank you for helping."
 - "You worked really hard on that."
4. **Validate Feelings**: Help your child feel understood:
 - "That sounds really hard."
 - "I can see why you feel that way."
 - "Tell me more."
5. **When Conflict Happens** :Disagreements are normal.
 - Stay calm.
 - Listen to your child's perspective.
 - Let them know you care.
 - Work together to find solutions.

LOOKING FOR MORE INFORMATION?
CHECK OUT THIS
ADDITIONAL RESOURCE:



Triple P
Positive Parenting Program

REMEMBER

You don't need to be a perfect parent or caregiver. Consistent moments of connection, listening, and understanding help build trust and support your child's mental health for years to come.

