

FOSTERING POSITIVE RELATIONSHIP

AFFECTION



Foundation of a strong & loving relationship

Help children feel loved & cared for

Creates & strengthens parent-child bond

ATTENTION



Parental attention is very powerful for children

Attention fosters connection

Pay attention to positive behaviour & it will increase!

CONNECTION



Fosters child's social & emotional development

Helps children learn to manage their emotions calmly

No good or bad emotions, all are acceptable!



FOSTERING POSITIVE RELATIONSHIP

AFFECTION & ATTENTION BINGO

More ways to show affection & attention to positive behaviours



PLAYING WITH YOUR CHILD

Showing affection & attention through play



PS: Play with only one toy at a time & keep the rest aside!

Child does not share, invite, or let you touch their toy?
It is OK to take time to sit near, observe, & comment :)



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FOSTERING POSITIVE RELATIONSHIP

Connection in Emotional Moments

Set **safe boundaries** & give **time**

(if my child hits or throw things)

"I want to keep you safe, I won't let you hit or throw things"

when your child is calm

Offer **cop**ing

"We can blow bubbles or jump together to calm down"

when your child is calm

Problem solve

"I know you want iPad, you can have iPad when ..."

State **reason**

"...because you cannot play with the iPad"

Name emotion

"You are feeling angry..."

Breathe & stay **calm**

(I will tell myself: "My child needs my help to calm down")

Children learn to trust that adults can handle their emotional moments

Do not rush! It is OK to wait it out; all children (& adults) need time to calm down

BEING
THERE FOR
YOUR CHILD

During emotional moments, being there tells your child that:
"I am safe, my feelings matter, my daddy & mummy is here to support me, & I am loved"

PS: It is OK to walk away to calm yourself down, as long as your child is safe!!

