

GREAT FOUNDATIONS FOR YOUR CHILD

1 INCLUDE YOUR CHILD IN CONVERSATIONS

Including your child in your everyday conversations shows them that they are valued and respected. Take time to listen to their ideas and ask for input on simple things such as what to have for dinner or what activities to do on the weekend.

2 MAKE TIME FOR ACTIVITIES

Spend at least 15 minutes a day engaging in a fun activity that your child loves. This shows them that you care about their interests and helps to build trust. Use this time to ask questions and actively listen to their ideas.

3 RECOGNIZE AND REWARD GOOD BEHAVIOR

Recognizing your child for good behavior helps to reinforce their positive choices and encourage them to continue in that direction. Try to acknowledge good choices and reward positive behavior as soon as possible.

4 TALK OPENLY ABOUT FEELINGS

If your child is feeling frustrated, angry, or sad, ask them how they are feeling and guide them to cope with emotions in a healthy way (i.e. if they feel sad talk about why and offer to do a comforting activity or simply a hug). Learning to manage emotions at a young age can help your child avoid turning to drugs or alcohol to cope with challenging feelings later on in life.

5 FOSTER HEALTHY FRIENDSHIPS

Teaching your child how to make friends and navigate relationships with their peers helps them develop socially and prepares them to handle conflict when they are older. These skills will help them better handle situations with peer pressure.

6 PROMOTE HEALTHY BEHAVIORS

Teach your child to care for and respect his or her body. Eating healthy foods, staying active, and getting enough rest are all great ways to introduce the promotion of physical and mental health to your child.

7 CREATE ROUTINES

Children crave structure and thrive when they know what to expect. Having consistent routines in the morning and before bed helps your child to engage in positive behaviors and establishes a foundation for long term success.