



CREATING A LOVING CONNECTION

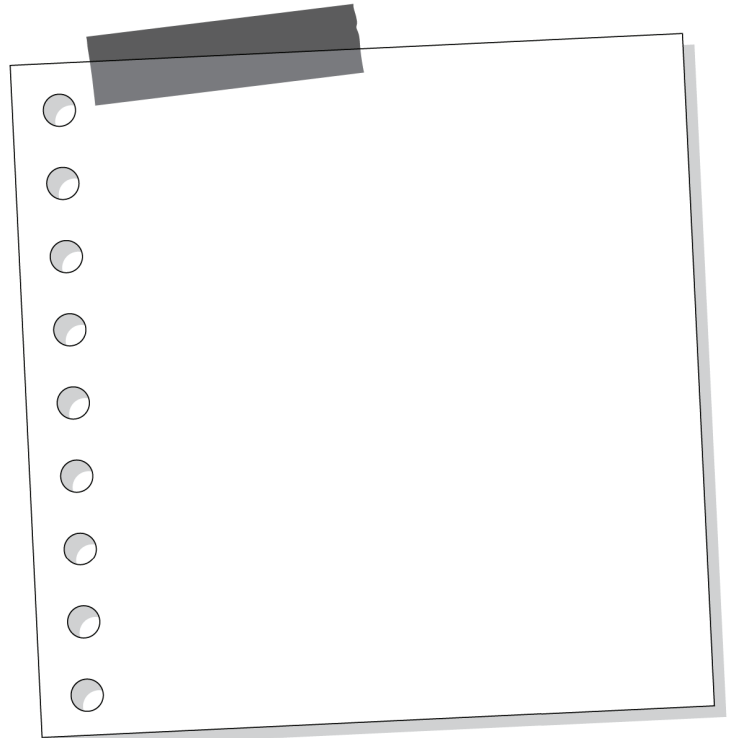
Reflect

How we parent our children comes from a combination of how we were treated as children, our other life experiences, and all the things we learn as we become parents.

Here are some questions to help you think about what you already know about creating a loving connection as well as what you might like to learn:

Think back as far as you can into your childhood...

- What did your parents do that helped you to feel you had a loving connection? Do those memories help you create a loving connection with your children?
- Is there anything that makes it hard to feel connected sometimes?
- What helps you feel connected to your own child now?



Strategies

As a parent, you can create a loving connection with your children when you:



- ✓ **Talk affectionately** to your child
- ✓ **Touch** your child in gentle ways
- ✓ **Respond** with sensitivity and comfort especially when your child is sick, hurt or upset
- ✓ Give your child **undivided attention**
- ✓ **Laugh and play** together

In other words, that connection is built through ordinary things that parents and babies do together every day:

- ✓ **All the little interactions:** smiles, looking into each other's eyes, singing baby songs
- ✓ **All of the touch and physical contact** that take place as you care for, hold, carry, and comfort your child

It might seem like some of these activities are simply nice things to do. But they are much more than that. These everyday loving interactions actually build young brains.