

NOTICING AND CONNECTING TO YOUR CHILDREN

Your attention as a parent is the most important and special gift you can give your child.

They love to have those they love spend time with them and this is even more special when you help the child feel special.

But children also love to be noticed in passing: just a quick hug as you walk behind them when they are drawing or playing – touching their hair when they are sitting at the table, maybe sitting down for a couple of minutes while they are watching TV.

Make a list of some of the times you can give your child a little attention to let them know you are around and care for them:

Sometimes children do things that will annoy you or that they know they shouldn't do just to get your attention!

You can stop this from happening by giving them attention when they are settled.

Notice the good things your child does

Sometimes we focus on the bad things in life and this can also extend to focusing on children when they are being annoying or doing things you don't want them to do.

Have a think about yesterday.....

What annoying or naughty things did your child do?

How easy was it to remember these things?

Very easy to remember

Hard to remember

Now do the same exercise but try to remember the moments when your child was settled and focused, did something nice, said something that was kind or thoughtful.

How easy was it to remember these things?

Very easy to remember

Hard to remember