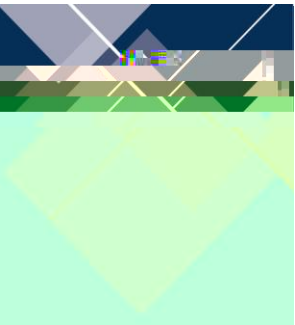




ST. HUBERT MISSION

AN ISLAMIC PRIMARY SCHOOL



"Positive connections are based on time together, being present, and building trust and respect", says Woodward. For example:

Make moments together matter

Booking in "quality time" doesn't guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what's going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through. Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let's say you notice your child seems upset, instead of saying - "Are you ok?", try something like "I notice you seem a bit down - do you want to talk? Or maybe we could just hang out for a while and watch a show together."

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills ss935(23536)nomabC)