

FAMILY FOCUS

Brainy Benefits of Emotion, Affection and Relationships

It is critical for children to know that they are surrounded by people that accept them, want to assist them in being successful, and celebrate their accomplishments. The three pillars of love - emotion, affection and relationships - create a climate for both children and adults to learn.

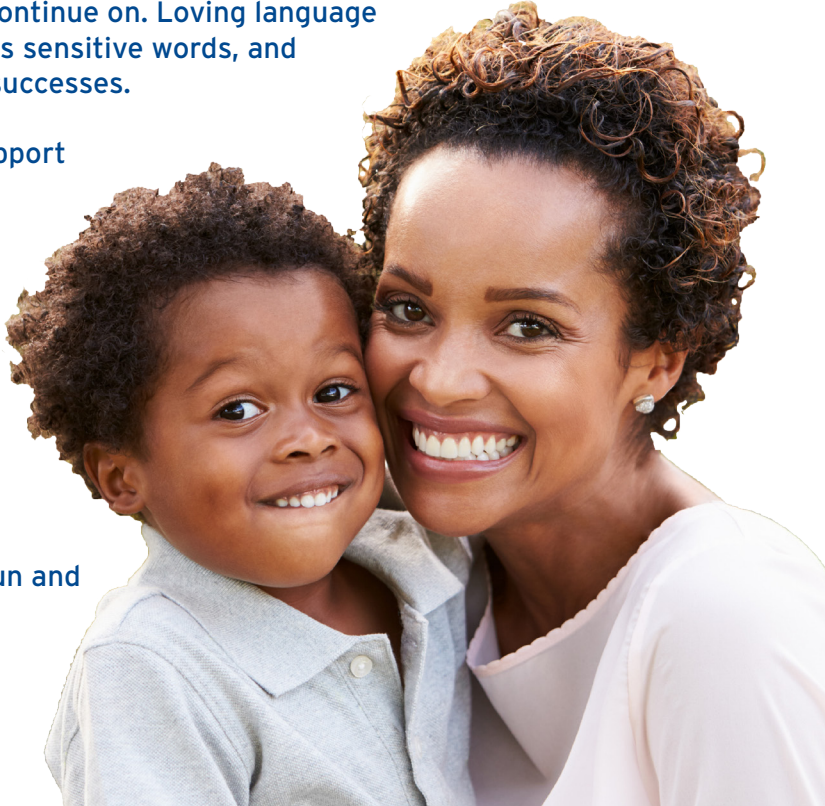
By focusing on developing strong relationships with infants and toddlers, you can help them develop the skills that will have lifelong benefits. Relationships take time and work to build, but the benefits are rewarding for all!

Being sensitive to children's needs shows them that they are valued. Practicing sensitivity will help them see how sympathy, empathy and proximity help in developing stronger relationships. By being aware of an infant's reactions, you create an understanding of different emotions and the understanding in turn allows you to form an appropriate strategy to soothe and support them.

Children's exploration is important for their discovery, learning and problem-solving skills. Simply by being present and engaged, you will assist in their exploration and their excitement will increase, making their experiences even more powerful.

Using loving language helps create communication with children that builds their brains and helps them learn. The benefits begin even before infancy and will continue on. Loving language is thoughtful, uses sensitive words, and celebrates their successes.

Children need support to be successful! They need you to show them how important they are. Show them that you are there for them, whenever they need help. Enjoy their successes, celebrate, have fun and love them!



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