

Creating Warmth & Connection with Your Child

A Guide for Parents & Caregivers

Children thrive when they feel loved, safe and connected. Building warmth in your relationship lays the foundation for trust, resilience and emotional well-being at any age.



1. Be Emotionally Present

- Give your full attention in small moments.
- Use eye contact, a gentle touch and a warm tone.
- Acknowledge your child's emotions with empathy - "That sounds really tough."



2. Talk & Listen with Respect

- Ask open-ended questions like, "What was your favorite part of today?"
- Let them finish speaking without interruption.
- Show you're listening with affirming body language and follow-up questions.



3. Create Moments to Connect

- Build routines for connection: shared meals, bedtime chats & after-school check-ins.
- Use "everyday" moments like driving, walking, and doing chores as opportunities to connect and bond.
- Even 10 minutes of focused time can make a difference.



4. Express Warmth Openly

- Smile when you see them.
- Say "I love you" often and mean it.
- Celebrate who they are, not just what they do.



5. Repair & Reconnect After Conflict

- No one is perfect. When mistakes happen, take responsibility.
- Use calm words like, "I'm sorry I raised my voice. Let's try again."
- Let your child know the relationship is always more important than the argument.



6. Support Growth & Independence

- Encourage effort over perfection.
- Let them try, fail and learn with your support.
- Respect their growing need for autonomy while staying close.

Resource Corner

- www.bstrongtogether.org
- www.zerotothree.org
- www.healthychildren.org
- www.parentandteen.com



Connection starts with presence. Warmth builds when children feel truly seen and valued.

