



Although you cannot be emotionally available to your child all the time, here are five guiding principles to help your child feel more securely connected to you (inspired by Dr. Gordon Neufeld's attachment-based developmental approach):



### Make time count.

Even one minute of being fully present can help your upset child feel more settled.



### Anticipate separations.

Orient your child's attention to the next time you're together; by giving them something to hold on to in the meantime: "When I get back, finish reading this story. You can hold this book until then."



### Show delight.

When you greet your child, show delight with your eyes, face, and body language. This shows them that they matter.



### Remember: it's not personal.

We can often get lost in language with young ones. Try to listen to your child's feelings rather than their words. It is possible that "I hate you!" really means "I need you."



### Show that you can handle it.

There is nothing that they could ever do that is too much for your relationship to withstand.

