



8 TIPS FOR BUILDING POSITIVE RELATIONSHIPS WITH CHILDREN IN YOUR CARE

Positive relationships are critical for children. They nurture confidence, resilience, and determination, all of which are essential for children to thrive. The good news is positive relationships can develop anywhere! From parents and caregivers to teachers and even extended family and friends. Everyone has a role to ensure children are safe, loved and given the opportunity to thrive.

Positive relationships provide children with tools to navigate life's complexities, leading to:

- **Increased Confidence:** Belief and encouragement foster confidence, enabling children to take risks and persevere through difficulties.
- **Improved Social Skills:** Trust, respect, and communication skills learned in strong relationships benefit all interactions.
- **Better Emotional Resilience:** Strong connections provide a safe space for expressing feelings and learning healthy coping mechanisms.
- **Empowerment:** Trust and understanding empower children to tackle challenges, knowing they have support.



How can you build positive relationships?

1. **Warmth, affection and unconditional love:** Emotional warmth fosters a sense of belonging and security.
2. **Trust and respect:** Freedom to express ideas without judgment creates a safe space for growth.
3. **Open communication:** Encouraging dialogue builds deep connections and support.
4. **Consistency and reliability:** Predictable routines establish trust and dependability.
5. **Support and encouragement:** Positive reinforcement builds resilience and courage.
6. **Spending quality time:** Enjoy activities together to create lasting memories.
7. **Modelling healthy relationships:** Demonstrate respect, empathy, and communication.
8. **Practicing active listening:** Show genuine interest in thoughts and feelings.

What language to use to nurture positive relationships

Choose language that fosters warmth, understanding, and respect:

- **“Thank you for...”** Shows appreciation.
- **“I understand how you feel.”** Validates emotions.
- **“How can I help you?”** Demonstrates support.
- **“Let’s work on this together.”** Promotes collaboration.

Remember, strong relationships lay the foundation for a happy, healthy, and fulfilling life for children. They also nurture your well-being, rewarding you with a better bond with your baby and less worries in the future, as your child grows-up.

For more tips, tricks, hacks and advice on how to raise happy, confident children visit the [BBC Children in Need website](#).

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