

Building good parent-child relationships (0-6 years)

Good parent-child relationships: why they're important

Your child's most important early relationships are with her parents. A positive relationship with your child is important for all areas of her development.

Tips to help build a strong relationship with your child

Being in the moment is about tuning in and thinking about what is going on with your child. It shows her that you care about the things that matter to her. Here's what you can do:

- Try not to give directions all the time. If your child wants to pretend the building blocks are people, that's OK. You do not have to get her to use them the 'right' way.
- Notice what your child is doing and comment or encourage it. For example, 'Are the big blue blocks the shopkeepers? And is the little red block doing the shopping? What's she buying?'
- When you are playing with your younger child, play what she wants to play, imitate her and really have fun together.

Spending quality time together is how you get to know about each other's experiences, thoughts, feelings and changing interests. Quality time can happen anytime and anywhere. Here's what you can do:

- Find time during each day to share time with your child by listening, having a conversation, or sharing an experience or a laugh.
- Plan some regular one-on-one time with each of your children, where you can show you value and appreciate them by smiling, making eye contact, hugging or touching them.

Creating a caring environment of trust and respect is essential to a positive parent-child relationship even in the early years. Your baby will feel secure when she learns she can trust her primary carers to meet her needs. Trust and respect become more of a two-way street as your child gets older. Here's what you can do:

- Be available when your child needs support, care or help, whether it is picking up your toddler when she falls or picking up your child on time after a party. This helps her learn to trust that you'll be there when she needs you.
- Get to know your child and value her for who she is. If she loves football, cheer her on or ask about her favourite players. This shows respect for her feelings and opinions, and also lets her know she can trust you with them.
- Allow the relationship to evolve as your child develops, and her needs and interests change. For example, your six-year-old might no longer want to play with the playdough, even though it was something you used to enjoy together.



Recommended Reads by the National Library Board

Recommended Reads

- [I heart you](#)
- [Love waves](#)
- [The Parent-Child Dance: Strategies and Techniques for Staying One Step Ahead](#)