

Building the Bond

Doing the same things at the same time each day in the same order is called routine. Children love routines! They help children feel safe and secure and they make those brain connections stronger. A routine will help your child learn how to act, and it will teach your child the rules. If you make the routines fun, your child will learn to enjoy them. Remember, you can change a routine if another one is better.

All children need lots of loving touch.* Without it, they will not thrive. When we share love and affection, a hormone called oxytocin is released, and it makes us feel good at these times. It also bonds us together. When you say, “I love you” while you are lovingly touching your child, they learn to feel good when they hear these words. Your child needs to hear these words from you often. You cannot give your child too much love, and you can’t spoil your child with too much love, so hug and kiss them multiple times a day and tell them you love them frequently.

*Sometimes children do not like to be hugged. Never force your touch on your child. Find other ways to show affection, such as a pat on the head or rubbing their back.