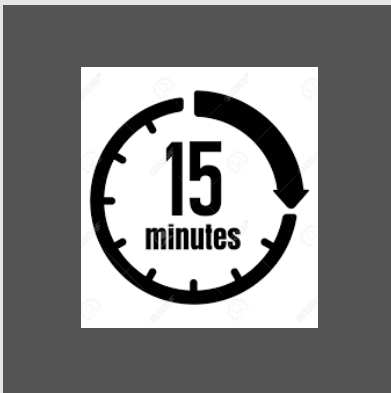


CREATING

safe, healthy, nurturing

RELATIONSHIPS

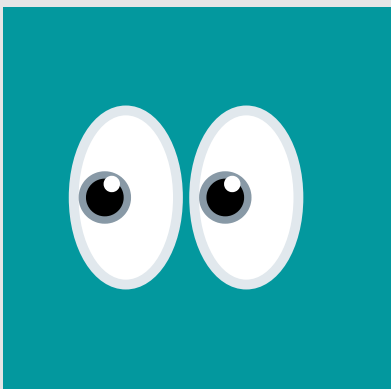
Be a stable caring adult for a child



1

AVAILABLE & PRESENT

- 15 minutes 1-on-1 time **everyday** doing what they want to do, or what they want to talk about



2

APPROACHABLE

- Make **EYE CONTACT** (put down the phone)



3

CONSISTENT

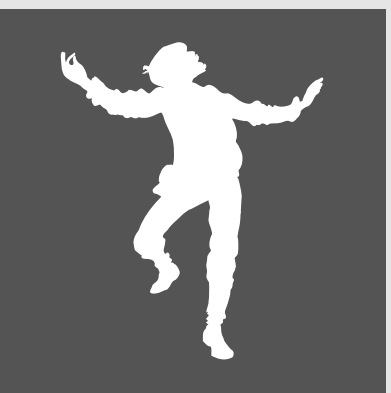
- Firm **and** kind
- Boundaries (hold the line)
- Follow through--every **choice** has a consequence; positive or negative
- **Reinforce** desired behavior in the moment



4

EMPATHIC

- **Listen** without judging or fixing
- Recognize and **label** the emotion



5

FUN

- **Move**, play, dance and sing together



6

WARM & NURTURING

- **Smile**
- **Say "I love you."**
- 5 to 1 positive to negative ratio of interactions
- Give 8 second hugs