AGES 2–18 | QUICK-RESPONSE GUIDE

Building Trust and Strengthening the Parent-Child Relationship



WHAT THIS IS

Trust grows through small, consistent moments of attention, reliability, and repair when things go wrong.

HOW TO USE IT

1. Special time
2. Keep promises
3. Repair after conflict

EXAMPLE

"I love you no matter what. I'm here whenever you need me."

Why this happens

Trust grows through small, consistent moments of attention, reliability, and repair when things go wrong.

What your child may need

Your undivided attention, honesty, and warmth.

Try this

1. **Special time**
   10 undistracted minutes a day, child-led.
2. **Keep promises**
   Do what you say. If you cannot, say so honestly.
3. **Repair after conflict**
   "I yelled. I'm sorry. Let's try again."
4. **Show interest**
   Ask about their world and really listen.

Try saying:

"I love you no matter what. I'm here whenever you need me."

Avoid:

Only noticing mistakes, breaking promises, or avoiding repair.

My plan this week

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