Tip of the month

"Just Hang Out"

One of the best ways to build your child's resiliency is to build a warm, nurturing relationship with them. How do we do that…just hang out and play together. Let your child take the lead and play what they want, get down on the floor so that you are face to face and have fun!! It doesn't have to be a long time, even 10-20 minutes is great. The important thing is spending that time. Playing together helps you connect, get to know each other better and helps your child feel loved and valued.

Sandy McKay
City of Stratford Resource
519-271-3773 ext.229

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