

## Why...

- \* Make the most of these years while they are here. It may feel like a lifetime when your child is two yrs, but once they start school & become more & more independent you will wish that you spent more time cherishing every moment of when they fully relied on you
- \* Intimate attachments to other human beings are the hub around which a person's life revolves. From birth children are developing attachments & usually these are established at a deep level between a child & their parents or primary caregiver. Secure attachments are the base from which children can grow in confident & competent adults

## When...

- \* The years of a child's life between 0-5 are critical in their learning and development
- \* Be aware of seasons of change for a young child. They will need you more when they feel insecure or are unsure about things that are happening. Try to anticipate how your child might react to events or situations & plan to include more time with them to help them transition smoothly
- Children need to know that you are there for them whenever they need you. Give them the reassurance often that they are of utmost importance to you & as a member of your family

## What...

- \* When things start to go wrong in a situation, keep calm & tackle each problem one at a time. Taking things in smaller steps will help both you & your child to survive & come out the other end better for it
- \* As children are learning & developing in their independence they need you to be there to support & guide them. Everyday is a learning day & something new can be discovered or mastered. Be there to share these with your child & offer as much praise & encouragement as you can give.
- \* Be realistic with your expectations of your child in relation to their age & stage. Even if things seem easy & simple to you, remember to them even walking down the stairs alone could be out of the question. Be there when they call for help

Try to think of it as a short time in your child's life when they need you a lot

