

HOW POSITIVE CONNECTIONS BOOST CHILDRENS' DEVELOPMENT



Warm, consistent, responsive connections between parents/carers and children shape their learning, self-regulation, confidence and resilience.



It's okay not to feel an instant bond. This is a common concern, with **almost half of new parents** reporting experiencing some difficulty bonding with their baby.

Responsiveness, touch, eye contact, talking and singing nurtures the bond + develops their brain architecture.



BABIES



CHILDREN

At least one stable relationship with a supportive parent, carer or other adult is the **number one protective factor** to help children overcome adversity.

Emotional support, affection, boundaries and praise create positive relationships.



0>10 10>20 20>30

This is a time of big change, second only to toddler years. Remember: their brain keeps developing **into their twenties**.

Realistic expectations + adjusting communication styles = staying connected.



TEENS

Every little moment of positive connection can make a difference to a child's wellbeing, and yours.

Triple P's research-backed programs help parents and carers to confidently build strong relationships with children, at every age and stage.

GET INSIGHTS INTO HOW CONNECTION CAN HELP FAMILIES THRIVE.

VISIT THE WEBSITE



SOURCE: ¹ De Cock et al. (2016). Continuous Feelings of Love? The Parental Bond From Pregnancy to Toddlerhood. Journal of Family Psychology, 30(1), 125-134.

² National Scientific Council on the Developing Child. (2015). Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper No. 13.

³ Sawyer et al., (2012). Adolescence: a foundation for future health. The Lancet, 379(9826), 1630-1640.