



HUGS

Hugs are an expression of love.

We hug to say I love you, to reconcile, to show belongingness, to express how proud we are of the other person, to comfort someone and much more, but altogether,

a hug speaks louder than words and helps you and your child feel better!

Idea for implementing hugs into your parenting style:

When your child is having a tantrum, try to ask for a hug with with a kind voice.

If they say „No“, say again „I need a hug.“

If your child still doesn't want to hug, say: „I need a hug. Come find me when you are ready.“ Then walk away and possibly your child will come to you after a while.

Hug them silently and appreciate the moment.

CHILDREN DO BETTER WHEN THEY FEEL BETTER