

# SELF-HELP TIPS FOR PARENTS & CAREGIVERS

## MAINTAIN A SECURE AND HEALTHY RELATIONSHIP

In order for you and your child to have a secure relationship, your child needs the following “ingredients.”

### RICE

#### REDO

My child loves it when she knows I will sing the same song each time I change her diaper. She likes to know what is going to happen next!

#### INTERACT

I can talk to my child when I take care of him, letting him know what we are doing using words. I can wait for him to smile, coo, or talk back to me.

#### CONNECT

When my child needs me, I can always be there for her. She will learn that I will help her even if she is being fussy or upset. This is how she learns trust.

#### EXPECT

I can find out what is reasonable to expect of my child for his age or ability. He might know what he should be doing but cannot yet stop himself. I can help him stop negative behaviors with love and effort. I don't want him to think he is a bad person.

### ...and PEAS!

#### PLAN A ROUTINE

I can try to keep the same daily routine for my child, giving her meals, naps, and bedtimes at the same time every day. My child will learn to treasure special routines before bedtime, like a bath and a book read to her specially. My child feels relaxed when she knows routine.

#### EXCITE

My child loves when I play with him and get him excited by playing “peek-a-boo” or “I’m gonna get you!” He will need to learn from me how to calm down after our games too.

#### AFFECTION

I can always pick up my child and hold her close to me when I can, to let her know how much I love her. This can never spoil her. It comforts and calms her so that she will know she always has me to count on.

#### SENSITIVE

I can speak to my child in a calm voice and use gentle hands when I dress him and when I lift him, even if I am feeling anxious and irritable. I know that yelling, angry gestures, and spanking only make all of us anxious and sad. Chronic anger hurts everyone.



**Your child needs  
“RICE” and “PEAS”  
for a secure and healthy  
relationship.**