

Relationships

Learning about relationships takes a long time. Relationships are really important for everyone all thru their of life, but... making and keeping relationships can be complicated! For someone little like me, learning about relationships starts with my first and most important relationship of all... my relationship with you!

- **You are the most important person in the world to me.** You are the one who makes me feel safe and helps me manage all the good and bad feelings that I may have throughout the day.
- **When I get angry with you and tell you that I hate you or that you will not be my friend anymore, it is because of my big feelings and not because I don't really want to be with you.** I need you to help me understand my feelings by naming them, accepting them and reassuring me that even when I have big feelings you still love me and will be there for me.
- **Even when there are other people who I like to be with and feel close to like my teacher, my grandparents, aunts and uncles, you are still the most important person to me.**
- **Remember that I probably "act up" most with you because I feel safe enough with you to do that...** even if I know I can get in trouble!
- **After a long day without you, I may start to cry when you pick me up or act like I don't see you or want to go home with you.** That is only because I have missed you and I don't know yet how to talk about my feelings.
- **When we get home after a long day away from each other, I will probably do best if we spend 10 or 15 minutes together before you start dinner.** This will help me wait until we have more time to spend together later in the evening.



- **My relationship with you is really important in helping me learn how to make relationships with other people.** My relationship with you teaches me how to have relationships with our friends, family and my teachers now, but it also teaches me how to have relationships with people who will be in my life later such as spouses, bosses and some day my own children.

Helping me learn about making and having relationships is one of the most powerful things you will ever teach me – for now and for my future!