Nurturing your children helps them feel safe and learn to trust you. Here are some easy ways to bond with your child.

**INFANTS** (ages 0 – 2)
- Pick up and hold your baby
- Use a soft voice
- Talk with your baby
- Look your baby in the eyes

**OLDER CHILDREN** (ages 6 – 12)
Get involved in your child’s activities like school and sporting events

**YOUNG CHILDREN** (ages 3 – 5)
- Get on the same level as your child by bending or sitting down
- Read, sing, talk and play with your child

**TEENAGERS**
Ask your children how they are feeling and what is going on in their lives