

## Being warm and gentle toward your child (0-6 years)

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### Being warm and gentle

Being warm and gentle toward your child is expressing positive feelings by smiling, using a positive tone of voice and saying positive things. It is also understanding when he is upset and responding to his feelings by remaining calm and comforting him.

### Why is being warm and gentle important?

When you are warm and gentle you build a positive relationship with your child. You also teach him how to relate to others in a warm and positive way.

Noticing when your child does the right thing and expressing your pleasure will help your child become more confident and secure. It also encourages your child to do things you want him to do, because he gets a positive response from you.

Children watch and copy the gestures, tone of voice and behaviours they see from a very young age. When you express your emotions calmly and gently, it helps your child learn to express his feelings in a constructive way.

If you are warm and gentle when your child is angry or misbehaving, he is more likely to follow your instructions and stick to the rules. This does not mean showing approval of misbehaviour. It means staying calm and using words and actions that will calm your child and guide him on the right thing to do.

### Tips for being warm and gentle toward your child

Here are some ideas for warm and gentle interactions with your child:

- Smile at, touch and cuddle your child.
- Speak with a warm and positive tone of voice.
- Notice when your child does something you like and tell him about it – for example ‘I love the colours you’re using in your painting. It’s so cheerful!’
- Show that you care when he is upset by giving him a hug and speaking softly to him.
- Stay calm and in control when misbehaviour happens – for example, ‘I’ve already asked you to put your shoes on Prasanth, do it now please’. Speak firmly but gently.
- Stop and name your emotions calmly and gently – for example, ‘I feel frustrated because I can’t find my car keys’ – so your child learns how to do this.



## Recommended Reads by the National Library Board

### Recommended Reads

- [The gentle lion and the little owlet: A tale of unlikely friendship](#)
- [Gentle giant](#)
- [Two Speckled Eggs](#)

Engage your child with simple activities at home! Check out some of these things you can do together:

- [First Day of School](#)