

# MyLifeExpert.com

# Life, Health and You

April 2023

## Building Healthy Relationships With Your Kids

Raising kids is both rewarding and challenging. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Modern life is full of things that can influence your ability to be sensitive and responsive to your child. These include competing priorities, extra work, lack of sleep, and things like mobile devices. Some experts are concerned about the effects that distracted parenting may have on emotional bonding and children's language development, social interaction, and safety.

If parents are inconsistently available, kids can get distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may even stop trying to compete for their parents' attention and start to lose emotional connections to their parents.

As children grow up, it's important to remember that giving them what they need doesn't mean giving them everything they want. Focus on exactly what's going on with your kid in the moment. This is an incredibly important parenting skill and it's linked to so many great outcomes for kids.

Think about where a child is in life and what skills they need to learn at that time. Perhaps they need help managing emotions, learning how to behave in a certain situation, thinking through a new task, or relating to friends.

By being a sensitive and responsive parent, you can help set your kids on a positive path, teach them self-control, reduce the likelihood of troublesome behaviors, and build a warm, caring parent-child relationship.

Source: [NIH - National Institutes of Health](#)



## Tips for Connecting with Kids of All Ages

- Catch kids showing good behavior and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward. Don't be overly critical; instead, help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for yourself for mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.

Source: [NIH - National Institutes of Health](#)

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# National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

- **Alcohol Awareness Month:** The [National Council on Alcoholism and Drug Dependence](#) organize this campaign to discuss the stigma around alcohol and substance abuse.
- **Sexual Assault Awareness and Prevention Month:** The [National Sexual Violence Resource Center](#) coordinate this campaign to reinforce the need for more awareness and prevention around sexual assault.
- **Stress Awareness Month:** The [Health Resource Network](#) sponsor this campaign to highlight causes of and cures for modern-day [stress](#).

## Mental Health Minute



### Talking About Your Feelings—For Kids

It's easier to talk about your feelings if you know how you feel and why. Try these easy steps:

1. Think of the name for how you feel. (Let's say you feel *nervous*.)
2. Think of why you feel that way. (Let's say you are nervous because you have a *spelling test* tomorrow.)
3. Put them together into words. (Say to yourself, "I feel *nervous about my spelling test* tomorrow.")

If you don't know why you feel a certain way, you can still talk about it. You can say, "I feel *upset*, but I don't know why."

### LIVE MONTHLY WEBINAR:

**Date:** 4/12/2023 | **Time:** 1:30 PM to 2:30 PM EST

**REGISTER FOR THIS EVENT**

<https://attendee.gotowebinar.com/register/8232700394297399135>



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