

# Embrace the power of positivity when building relationships with children!

An optimistic outlook on life can be contagious! Role modeling positivity will not only help children to feel safe, secure and supported in your care, but will also provide them with the skills for building their own relationships with others. Simply changing the way you think will help you to feel in control of your feelings and allow you to be in charge of the way you react to situations. Don't worry, be happy, smile, be grateful and always decide that you are in a good mood!

**Positive and responsive one-to-one interactions with babies and toddlers are important to both their current wellbeing and their future development. Having secure relationships with educators encourages babies and toddlers to thrive, and provides them with a secure base for exploration and learning. As children grow and develop they continue to rely on secure, trusting and respectful relationships with the adults in their lives. (Page 120, Guide to the National Quality Standard).**

“Talk to your children about how to keep an optimistic attitude when it comes to unexpected challenges in your life. Discuss with them what they are learning in class and how they can create positive self-talk even when their days don't go as planned. Help them take positive accountability for mistakes so that they can stay in control of their attitude and choices. Most of all, help them to reword negative pessimistic statements into positive, optimistic ones” – Dr Robyn Silverman.

## Happy People...

live minimally, tell the truth,  
never make excuses, take time to listen,

**don't hold grudges,**

speak well of others, choose friends wisely,  
establish personal control,

**dream big,**

see problems as challenges,  
nurture social relationships, avoid social comparisons

treat everyone with kindness,

**exercise,**

don't sweat the small stuff,  
accept what can not be changed,

**meditate,**

avoid seeking approval from others,  
express gratitude for what they already have,

**eat well,**

wake up at the same time every morning,  
and get absorbed

**in the “Now”.**



**Thinking positively will keep your mind healthy and strong!**

Being positive will help you to:

- Be humble
- Learn from mistakes
- Be open to learning
- Take risks
- Be motivated
- Ask for feedback
- Set goals

*Help children develop a growth mindset! Take on challenges by using ‘YET’.*

*As in:*

*“I can't do this... yet”*

*“This won't work... yet”*

*“I don't understand... yet”*



**Holistic**  
A P P R O A C H F D C