



Building Block Four Summary Handout

A child's first relationship with important adults in their life is the model for the way they will relate to other people throughout their life.

A positive and healthy relationship takes time, trust, and practice.



“When I feel connected to the important adults in my life, I can solve problems, understand how others feel, and get along with my friends and family.”

Take time today to think about the kind of relationship you would like to have with the child in your life. Pick one quality that you want to work toward and do one thing to promote it. For example, “Today I will be more patient; I will take three calming breaths before reacting to a situation.”