

# Connect with your...

## School age child 6 to 12 years old

Research has shown that when a child feels a secure connection to their parent, they have better problem solving skills, are more independent and perform better in school. Even though relationships with peers become more important and your child spends more of their day at school, they still need to know that they can count on you.

**Attachment is the deep and lasting connection that children form with their main caregiver, usually their parent. Healthy attachment occurs gradually over time through day to day interactions between parent and child. Attachment relationships influence development, learning, feelings and close relationships throughout life.**



Children who report a positive relationship with their parent are more likely to:

- enjoy school and learning.
- ask for help when they need it.
- be less aggressive and are less likely to bully others.
- be self-directed.
- handle peer pressure better.
- show helping behaviour.
- be liked by their peers and teachers.

School age children are developing their body image and may become self conscious. It is common for them to talk back, disagree and challenge you, so having clear rules and expectations will help them get through this stage of life. They also need your help to guide their decision making and help them make positive choices. School age children understand consequences, have the ability to reason and are able to handle more responsibility.

# Connect with your child

## Six to twelve years old

Listed below are some activities you can do with your child. Choose ones that will fit with your family's cultural practices and routine. Above all, have fun!

- Listen and talk about your child's thoughts and feelings.
- Role model positive relationships with others.
- Tell your child you love them and praise them daily.
- Do something special with your child that you both enjoy such as having breakfast together, reading together or going for a walk.
- Start family traditions and plan them together.
- Help your child to problem solve by talking it out and allowing them to fix it.
- Use car rides or dinner time to talk about friends, school, memories and the future.
- Involve him/her in family conversations.
- Use positive discipline - **that means teaching and guiding, not hurting the child verbally or physically.**

**Hug and kiss your child – physical comfort is still very important to your child's development.**



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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/parenting](https://durham.ca/parenting)

If you require this information in an accessible format, contact 1-800-841-2729.



YouTube

