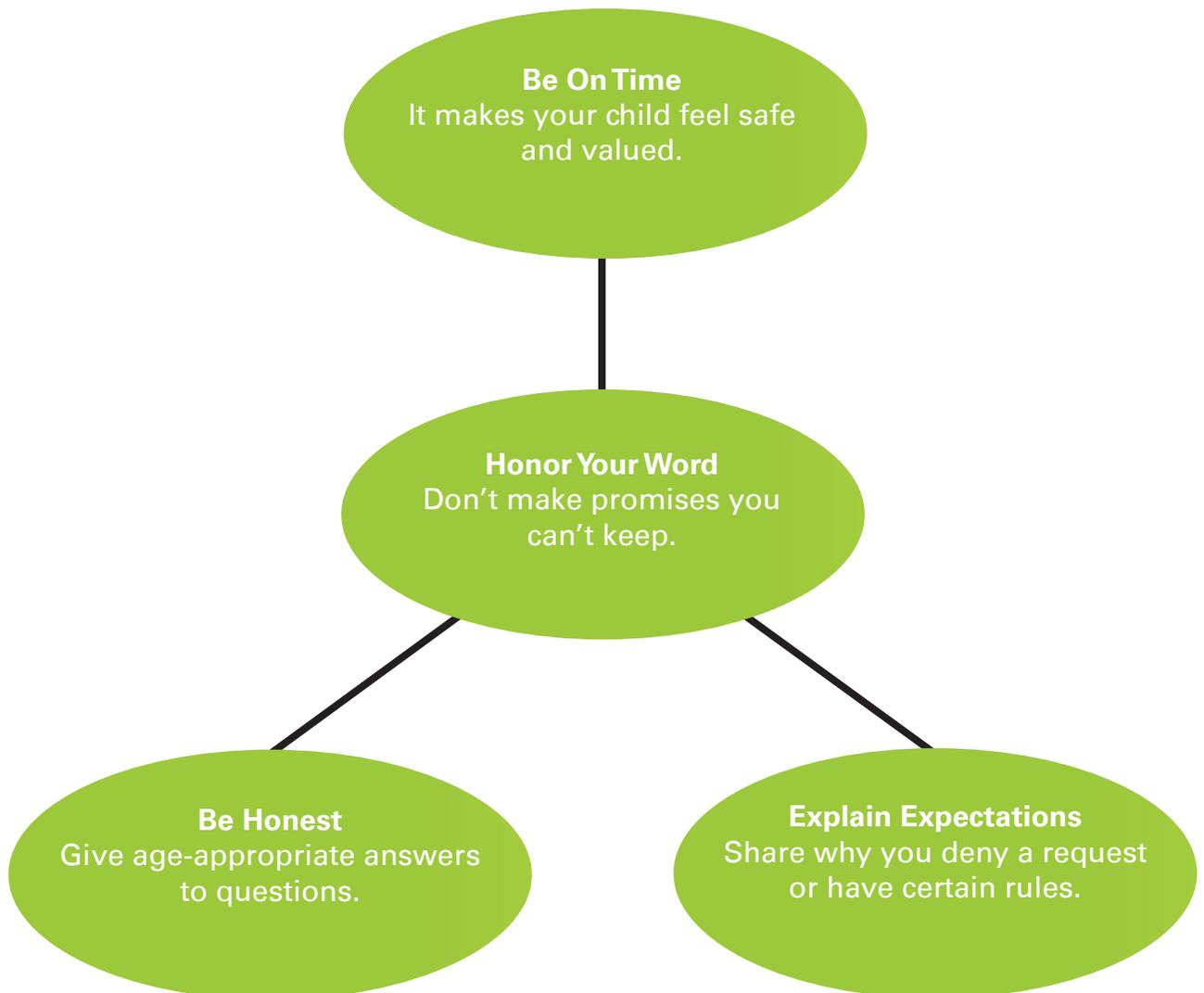




Pause for a child

It's important for children to grow up in an environment where adults keep their word and are dependable. This helps them lead healthy and happy lives and learn to build trusting, respectful relationships with others.

If your relationship with your child is open and honest, keep up the good work! If you're concerned that it could be better, or want to strengthen your bond as your child matures, practice – or perfect – the advice below:



Building trust also teaches character. What you do speaks louder than anything you say to your children. When you show them that you love, value and respect them, your words simply reinforce that message.