



Hugs make us feel good!



Hugs are essential for your child's emotional development, but how to properly use the power of hugs?

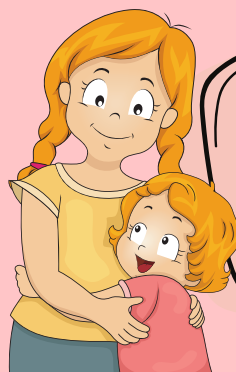
Here are some tips to benefit your child and you from these moments of tenderness and sweetness:



Right from the baby's birth, caresses and hugs are a way to create the attachment bond between the parents and the newborn. Subsequently, all the hugs the baby receives are stored in his emotional memory and this is what helps your child to feel loved.

Hugs allow:

- to release anti-stress hormones.
- reduce your child's worries
- to help him calm down by bringing him comfort.
- a healthy tactile and respectful communication



It takes at least 20 seconds of hugging to start feeling its calming effects. This is the time it takes for hormones to start being released in the brain.

A hug must of course be desired !

SOME BENEFITS OF HUGS:

- Strengthen the immune system
- Slow heart rate
- Promote the development of empathy
- Strengthen the child-parent emotional bond
- Increase socio-emotional intelligence



EXAMPLES of cuddles-friendly moments:

A real good hug before dropping your child off at daycare and picking him up, before dropping him off at school, when you let him get on his bus, when he's scared, when he's in pain, when hugging him is what speaks the most. Hugs are needed every day!



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