

EFFECTIVE PARENTING

Building trust with your child



Sean Donohue

@THEFAMILYCOACH



Next time you see your child doing
something awesome like their
homework or their chores, don't say
good job or I'm proud of you.

Instead say:

This choice you made really builds
trust with me.

It feels so good that I can trust
you to make these decisions

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Don't ignore the thing your child did.

Do not tell them: GOOD JOB

Practice becoming calm when you see
them do well at school or stay calm
when someone makes them upset

Then use the words above. By
connecting with them and telling
them that they just built trust
with you, you are calming them
as well.

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Who is going to teach your child how
important it is to build and maintain
trust?

Building trust is important in
every human relationship.

If they don't learn it from you, who
will teach them?



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Parents are teachers

Let's move a way from punishing,
appeasing and controlling our
children

Let's thrive as their teachers

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Start this practice with your kids
when they are 3 years old

You will have a connected
relationship with them when they
are 13 years old

And by the time they are 16 years old,
they will know more about trust in a
relationship than most adults do

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Reach out to the KéKAY Method

TO HELP ANSWER YOUR QUESTIONS
AND TO LEARN ABOUT GUIDING
YOURSELF INTO REGULATION