

# Watch-Ask-Adapt

A strategy to help you build a positive relationship with your child

Building positive relationships with your children promotes safety and trust.

## Watch



### How to Use

Observe what the child is doing in each situation.

### Why It Is Important

Your awareness of your own attitudes and actions is as important as awareness of the child's.

### What It Looks Like

- What exactly happened?
- Keep sticky notes or a notebook with several observations for the child.
- Be objective and only note the facts.

## Ask



### How to Use

Ask yourself reflective questions related to why the situation happened, what were the contributing factors, how can you address the situation, and what are the possible outcomes of the situation.

### Why It Is Important

This gives an opportunity to stop and reflect on what was observed, before implementing a plan for action.

### What It Looks Like

- Are there physical, social, or emotional parts to the child's message?
- How am I emotionally responding to what is happening?
- What is the best way I can support this child in the future?

## Adapt



### How to Use

Use your observations and reflections to adapt the support you give to the children in your care.

### Why It Is Important

You can learn how to work with children through their individual emotions and provide personalized coping skills.

### What It Looks Like

- Giving the child choices.
- Having a structured routine.
- Relating an experience to their personality or preferences to build relationships with the child.

This practice can be especially useful for children who have experienced trauma by restoring a feeling of control and predictability.

For more ideas or support, talk with your child's educator!