



HOW TO BUILD TRUST WITH OUR CHILDREN?

When raising our children, we face many challenges, one of which is building trust between them and ourselves.

Building trust is a long-term process that demands a lot of effort. It is a chance to develop our communication skills as parents, and discover the different ways our children respond to information as well as disciplinary action.

As surprising as it seems, trust-building between us and our children begins at birth when mothers understand and respond to their baby's cry. This positive unspoken communication helps our children understand that they are in a safe and reliable environment. It allows them to develop secure attachments with us, their parents.

It is important not to lie to our children even if the truth is upsetting. When we go out, leaving our child with a member of the family or a nanny, we should tell our children when they can expect us back and give them a way to reach us.

himaya, in collaboration with Moms & To Be, aims to break the silence on children abuse which is still considered a taboo. This section is to help you recognize different forms of abuse and stop them from happening to ensure the safety and welfare of a child.





Making ourselves unavailable to them will only worsen their distress when we leave, and give them the impression they are being abandoned.

Honesty truly is the best policy when dealing with our children. As parents, we are their testing ground. Our children learn by adopting different attitudes with us, by throwing tantrums to see whether we can be easily manipulated, and by asking questions. Patience is key, and honesty is essential. Children ask questions to discover the world around them and understand how it works.

Lying to them, even when the topic is sensitive, will only break trust between us. It is important that we find ways to communicate the answer in a manner suited to their age, without concealing the truth. If we do not know the answer to one of their questions, we can encourage their curiosity and thirst for knowledge by finding the answer together.

“I don’t know, let’s look it up together” is music to a child’s ears.

When we are honest with our children, we teach them to be honest with us. If our children make mistakes and are honest about it, punishing them might encourage them to lie to us in the future.

Creating a safe communication space nurtures the trust in our relationship. If our children make mistakes, or find themselves in danger, we want them to come talk to us. Controlling our emotions in those moments is what will ensure that they will.

Give your children time to say what they need to say, do not interrupt them, listen to them, do not minimize the problems they are facing or belittle them. Comfort them, have a discussion with them, explain why something is their fault in case of any wrongdoings. Punishment without explanation

teaches our children nothing. Discussion, on the other hand, does. It is when they listen to us without stress or fear of consequence that they understand right from wrong and that they learn empathy.

If our children approach us at a bad time, assure them that we will make time to talk when it is more convenient for us. Our children will appreciate our full attention and will understand that they are a priority to us.

There may come a time when our children find themselves being abused or at risk; at school, in the playground, in our neighbors’ homes or even with our own family members. Creating a safe space for communication and building trust with our children will encourage them to come to us when their wellbeing is at risk, even if the risk is a member of our family. Not punishing our children

and scolding them when they are honest is what will make the difference between them coming to us and avoiding us.

Many children are victims of bullying and are not able to tell their parents because they don’t want to look weak or because they feel that their parents will not support them or take any action towards the bully. Many are physically or psychologically abused, and some are sexually abused. Sexual abuse can lead to confusion and feelings of guilt.

Communicating with our children helps us prevent and protect them from abuse. Create a circle of trust and your children will be safer, happier, and closer to you than ever.