

HUGS, HUGS & MORE HUGS ABRAZOS, ABRAZOS Y MÁS ABRAZOS

POSITIVE DISCIPLINE

Hugging your child has innumerable benefits for him as well as for you. Hugs, help your child feel safe, increase his self-esteem, teach him empathy and improve his overall health.

Hugs are a natural stress-buster and also help in discipline. Sometimes, in our efforts to discipline our children, we often choose methods such as putting them in time-out. However, giving them a hug could be the start of the discipline process on a positive note, and this can be followed up with an explanation of what they did wrong.

While your child might resist the hug initially, he will soon give in and allow his emotions and his body to relax, which brings on a feel-good effect. Children do better when they feel better, and so do you. Hugs, help us feel better!

The Power of a Hug

- When your child is having a tantrum, try asking for a hug. *“¿Puedo tener un abrazo?”*
- If your child says “no,” say “I need a hug.” *“Necesito un abrazo”*
- If your child still says “no,” say, “I need a hug; come find me when you are ready.” *“Necesito un abrazo, ven a buscarme cuando estés listo.”*
Then walk away...you might be surprised at what happens.

Happy Hugging! Happy Cuddling!