

Connecting with your...

Child: 7 to 9 years old

At this age, physical, social and mental skills develop quickly. They are becoming more independent, better at problem solving, and their relationships outside of the family are becoming more important to them. Their growing social world may influence their personality, their behaviour and how they see themselves. Even though relationships with their peers is becoming important to them, they still need to know that they can count on you.

Attachment is the deep and lasting connection that children form with their main caregiver, usually their parent. Healthy attachment occurs gradually over time through day to day interactions between parent and child. Your parent-child relationship will influence their development, learning, feelings and other close relationships throughout their life.



Emotional and Social Changes:

- more independence from parents and the family
- understand more about their place in the world
- more attention to friendships and peer relationships
- curious about who they are as a person

Thinking and Communication Changes:

- more flexible in their thinking
- better at problem solving and thinking critically
- better at describing their experiences, feelings and thoughts

At this age, it is important to support their independence, nurture their growing sense of responsibility, and help them to navigate the demands of school and other activities. This is the best way to help them build their confidence and help them succeed inside and outside of school.

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Positive parenting tips:

These tips can help you support your child's growth and development. Choose ones that will fit with your family's routine and cultural practices.

- Listen and talk with your child about their social world. Ask them questions about their peers, how they feel and how they see themselves in their friendships.
- Support their independence and sense of responsibility by giving them a chance to do something without your supervision, as long as they remain safe.
- Help them develop a sense of right and wrong and fairness, especially in the context of their relationships with others.
- Support their critical thinking and problem solving by asking them open ended questions. For example: "How do you feel you did?" or "Tell me how you came up with that?"
- Listen and talk with your child about their thoughts and feelings. Accept their emotions and help them manage emotions in a positive way.
- Take time to talk about friends, school, memories, their interests and the future.
- Role model positive relationships with others.
- Spend quality one-on-one time with your child. Do something special that you both enjoy. For example: having breakfast together, reading together or going for a walk.
- Use positive discipline. This means teaching and guiding them, not hurting them verbally or physically.
- Let them know what you expect of them.
- Tell your child you love them and praise them daily.
- Hug and kiss your child – physical comfort is still very important to your child's development.



HEALTH
DEPARTMENT

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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/PositiveParenting

If you require this information in an accessible format, contact 1-800-841-2729.

