

# Building Relationships

## November 2009

Mentors are a great way to build a one-on-one relationship with advanced students and with those who are struggling. Mentors set an example, communicate excitement for learning, share their skills and talents, and most of all they can become a positive role model, as well as, a source for support and encouragement. Building relationships with students and children not only ensures a deeper understanding of our work and goals as teachers, but, equally importantly, it promotes a real strength in the commitment of all those involved in improving the lives of our children. It instills confidence and resilience in our children that they need in order to develop healthy relationships and to be successful in school and in life.



### Ways To Build Mentoring Relationships With Your Child:

- **Praise and Recognition:** Telling a child they are appreciated reaffirms that their efforts and behavior are recognized. They need to believe they are valued.
- **Sharing Time:** Most children just want to spend time with you. They may pester you about playing a game, reading a book, or just staying in the same room with you. Teenagers may share some of your interests such as sports, shopping, watching movies, etc... Take time to play!!!
- **Talking and Attention:** Some children love to talk. They want to be the center of your attention. They want to tell you about their day and listen while you tell them about yours. Developing this relationship early can develop this open communication, which will carry into adolescence. If they do "close up" during adolescence, find a place such as in the car, at a restaurant, or even at the mall to talk to them.
- **Tangible Items:** These do not have to be expensive items. Just give them a note saying "Have A Good Day!" or "I Love You." Special suppers, snacks, baked goods all say I have taken the time for you. These acts of kindness are daily or weekly reminders that you care.
- **Closeness and Affection:** Young children love to be picked up and hugged. Sitting down with them in a chair or on the couch and just reading to them reassures them that you love them. Some older children and teens still love to hug, and if not, sometimes just a simple pat on the back is the powerful reminder of your love for them.

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