

## Parenting Tools:

### - Trust -



HOME  
22.6

## Parenting Tools: Trust

During this first year, your child will develop a sense of trust. The accomplishment of this is highly dependent on the parents meeting their child's needs consistently with God's love. Since trust is a major building block for all relationships, every area of development (physical, social, emotional, and spiritual) is likely to be affected by the trust a child builds during this first year. Listed below are some tools to help you develop a bond of trust with your infant:

**Take care of yourself.** To care for and nurture your new infant, you must take care of yourself physically, emotionally, and spiritually. By praying and reading God's Word, you can manage your stress and learn to be calm when meeting the needs of your infant. It's vital that parents get sleep. When you're exhausted, it's hard to teach children anything, including trust. Even if you're a stay-at-home mom, an occasional date night or a girls' night out can help you be recharged and ready to show your infant all the love and affection he or she needs. Remember to ask God for help in caring for yourself. As Matthew 21:22 says, "And whatever things you ask in prayer, believing, you will receive."

Hold, touch, and cuddle your infant. Infants need physical connection. The more you hold your infant and meet his needs, the more secure and independent he will grow to be. Infants can feel the love of Jesus by your gentle touches, hugs, and kisses. When your infant can count on you and trust you to meet his basic need for love, affection, and stimulation, his relationship becomes stronger and he learns to trust you and the world around him. As 1 Corinthians 13:8 reminds us, "Love never fails."

**Use gentle words.** Tell your children you love them. While infants' comprehension and expression of language is minimal, they do pick up on emotions and feelings that are expressed behind words. A sense of trust is so important for infants' emotional development because it provides them with a supportive foundation from which they can learn and grow. Trust allows an infant to feel safe and secure, promoting curiosity and learning. An infant who does not receive this feeling of trust may be self-conscious or slow to develop in certain areas. Psalm 19:14 reminds us, "Let the words of my mouth and the meditation of my heart be acceptable in Your sight."

**Respond to your infant's needs.** Understand when your child needs to be held, talked to, looked at, or needs some quiet alone time. Infants communicate most often by crying. Become familiar with the different types of cries your infant has, and respond quickly when your infant is crying for comfort or food. When responding to your baby, be sure to respond in a warm, understanding way. Make eye contact when you talk, sing, read, and play with your infant. Infants learn to trust by the way you respond to their needs. As you respond to your infant's needs, reflect on Philippians 4:19, "And my God shall supply all your need according to His riches in glory by Christ Jesus."

**Show enthusiasm.** Express happiness and enthusiasm around your infant. No one can be happy all the time, but doing the best you can to be enthusiastic about the milestones your infant is accomplishing can go a long way in showing him that things are good, and you can be counted on to be excited to see him. Expressing enthusiasm is a good way to teach your infant about trust. Psalm 139:14 says, "I will praise you for I am fearfully and wonderfully made."

You can see some indicators that what you are doing is creating trust when your infant smiles, coos, maintains eye contact, and is

comfortable being cuddled. Provide a stimulating, loving environment, and be sure to hug and hold your infant a lot! Remember, children who develop trust early in life feel good about themselves and have healthy relationships later in life. As Proverbs 3:5 reminds us, "Trust in the Lord with all your heart..."