



A Happy Visit

Help your child warm up to a new adult at their own pace.

Helps Your Child Grow



Relationships with Adults

Staying close, responding to uncertainty, and giving your child time to approach a new adult helps them adjust to an unfamiliar setting at their own pace.

Steps

- When you arrive at a friend's home, greet your friend warmly and give your child time to watch from beside you.
- Follow your child's signals. Move closer if they show interest, and step back with them if they seem uneasy.
- If your child feels shy or worried, hold and reassure them. Wait until their body relaxes before offering another chance to approach.
- When your child chooses to move closer or respond, build on that small step. Your friend might roll a toy toward them or join a familiar game.
- Children warm up to new people in different ways. Watching, hiding close to you, or edging forward slowly are all valid ways to become familiar.

Tips

- Bring a familiar toy or comfort item. Something known can make a new place feel less unfamiliar.
- Once your child looks relaxed, give them a little space to respond to your friend's invitation or begin an interaction.

Observations

- Watches you interact with your friend, then gradually moves closer
- Responds with a sound or movement when the new adult greets them