

# Why trust matters

*In a relationship of trust, children learn about others and whether:*

- Other people are curious and interested in me*
- Other people are able to notice my needs and respond to them*
- Other people are available to help me with my big feelings*

*In a relationship of trust, children learn about themselves and whether:*

- It is safe to communicate my needs to others*
- It is safe to feel my feelings*
- I can show my needs clearly enough of the time*

