



Coming Back Together:

Why It Matters

All parents lose their patience sometimes. All caregivers have moments they wish they could “re-do” with their child. This is normal. It is part of being human, and it helps children learn how relationships work.

What is “coming back”?

Sometimes, a hard moment momentarily breaks the connection between you and your child.

This can be:

- ❑ Getting angry
- ❑ Using a harsh voice
- ❑ Walking away when a child needs comfort
- ❑ Being too distracted to respond

“Coming back” means you return, notice what happened, and reconnect. Children do not need perfect care. They need you to come back after things go wrong.

Why it matters

When you come back, children learn something very important. They learn that relationships can get through problems. They learn that people who love each other can still make mistakes and come back together. This helps children feel safe, trust others, and grow stronger emotional skills. They learn that big feelings are okay because someone will help them through.



What coming back can look like

Coming back does not have to be hard. You do not need a long talk or perfect words. Even very young children feel better with a simple, warm moment.

With a baby or toddler:

- ✱ Pick them up
- ✱ Hold them close
- ✱ Get down to their level
- ✱ Use a calm voice

With an older child, you can say: “I yelled, and that was not okay. I am sorry. I love you.”

The most important part is coming back. Your child needs to feel safe with you again.

A note for caregivers

Coming back helps you, too. It builds your confidence. Good parenting is not about being perfect. It is about being there, being honest, and trying again.

Every time you come back, your child learns:
Relationships matter, even when they are hard.

Have more questions? Talk to your child’s healthcare provider or one of the professionals supporting your family.

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