

Got It!



Benefits of Hugging

Is your family having lots of big feelings right now?

Hugs can help children feel safe, secure and connected. Hugs impact our hormones to help us feel calmer when responding to big emotions such as stress, anger and sadness.

20 seconds of hugging can increase the benefits listed below.



Not all children like hugs so it is important to respect a child's preference when it comes to their body. You could also try a high-5, pat on the back or a secret hand shake.