

# LEARNING THROUGH RELATIONSHIP

## True Learning

It is the ability to add new information to already existing concepts. These new concepts can be combined with established knowledge and applied to new situations.

## Relationship

This is the way two people regulate (anchor), trust, share meaning, and, share joy with each other.

## HOW RELATIONSHIP MATTERS

### Anchoring

Mutual regulation, or supporting someone's ability to be calm or enthusiastic, is a way to *anchor* ourselves and others to a learning experience. Anchoring is possible through strong relationship.

### Trust

So much of what we know comes from trusting the source. Think about all the science you know; some of it we get from exploring through experiment, in the lab and in daily life with a guide, and so much we read and listen to from a trusted parent, teacher, or author.

### Shared Meaning

When you know a person's background, experience, or history, you can draw upon their existing knowledge to layer on new information. You can also use what you share to find a way to relate to what the learner finds meaningful.

### Joy

There is no greater motivator than curiosity and fun! Often these exploratory moments are heightened by the mirrored smile of a loved one. When a child looks over to see what you think about an event, they are following shared joy.

## IDEAS FOR LEARNING THROUGH RELATIONSHIP

- Engage your child in your daily activities, cooking, cleaning, and more.
- Talk about memories that you both share to build connection and personal narrative skills.
- Talk about plans for the day to build problem-solving, a sense of time, and more!



anchoring



trust



shared meaning



joy

**We all learn through the same foundations.**

## SELF-REFLECTION

**How do you already use these strategies with your loved one? • How does it feel when both of you explore new things? • Does it feel like work, or play? • Do you recall the experience and new knowledge with ease? • How can you keep the joy and ease going?**