



When we go to the doctor for a checkup or to have them help us with something that is wrong we trust that he/she will be able to alleviate the pain and fix the problem. Most people believe that this trust is just freely given; however, trust is built from many components. In order to build a strong family, trust is an essential part, especially in terms of primary caregivers. When children lose faith in those watching over them, they may turn to others who don't have their best interests at heart.



The first and most influential relationship for a child is with his/her primary caregiver(s). This relationship helps him/her formulate how other relationships will look in the future. Enabling a child to realize that family has his or her best interest at heart helps him/her feel secure in facing struggles and confidence in his/her ability to succeed despite future challenges.

### ESSENTIAL KIT ITEM #2 – TRUST

**WHAT IT IS** – Trust is confident expectation of something, which is formed through the understanding of the other person's knowledge, integrity, ability and actions. We trust doctors because they obtained knowledge in their schooling; through their actions and performance we trust that they will be able to help, and if not that they will be honest about it and send us to someone who can.

**HOW IT WORKS** – Trust works through the use of unconditional love and intentional, consistent and genuine behaviors. It has to be worked at and if you break someone's trust it is a long process to earn it back. Yet, when you have formed trust in a relationship you are able to reach a deeper level of understanding.

**WHAT IT LOOKS LIKE** – When trust is formed, you see safety amongst one another. Children are not left wondering when or if their parents will be there for them, and the family in general has less anxiousness or worries about each other.

Trust is built with consistent acts. Consistency is needed in a routine, so when you are more intentional in your routine, trust can be further developed and optimized. Trust is a necessity in order for unconditional love to be openly received. *Watch for next month's Item #3, Family Routine, as we show you the importance of how beneficial a routine is to families.*

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at [lcfs\\_info@lcfs.org](mailto:lcfs_info@lcfs.org) or 800-363-LCFS (5237). Discover LCFS and the services we offer at [www.lcfs.org](http://www.lcfs.org) and [www.facebook.com/LCFSIL](http://www.facebook.com/LCFSIL).



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**LCFS offers counseling  
at the following locations:**

**Central Illinois**

LCFS office, Decatur  
LCFS office, Springfield

**Southern Illinois**

LCFS office, Belleville  
LCFS office, Mt. Vernon

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Lutheran Child and  
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