

Building Relationships with Your Children

When children & youth experience developmental relationships with parents, teachers, and other adults, their outcomes are better, their risk behaviors are lower, and they are more likely to thrive in life. Parents can seek to build developmental relationships with children. Every time you take one of the relationship-building steps below, place a check next to it and know that you have made a valuable contribution to support your child through this difficult time, and help them grow up great!

Developmental Relationships are close connections through which young people develop the character strengths to discover who they are, gain the ability to shape their own lives, and learn how to interact with and contribute to others.



EXPRESS CARE

SHOW ME THAT I MATTER TO YOU

- Ask follow up questions during a conversation so that your child knows you are interested, and that you understand what is important to them.
- Find joy in doing things for and with your child, even if these things wouldn't normally be important to you.
- Point out the good things your child does.
- Express positive feelings to your child.



PROVIDE SUPPORT

HELP ME TO COMPLETE TASKS & ACHIEVE GOALS

- Teach your child a new skill. Show them by breaking it into smaller steps.
- If your child isn't getting the help they need, find people who can help.
- Set clear boundaries and expectations for your child.
- Show interest in their schoolwork and offer support.

**CHALLENGE
GROWTH****PUSH ME TO KEEP GETTING BETTER**

- Expect your child to do their best, even when doing something they don't really care for.
- Teach your child that making mistakes is part of learning.
- Encourage your child to embrace challenges.
- Tell your child about people or ideas that have inspired you.

**SHARE
POWER****TREAT ME WITH RESPECT
& GIVE ME A SAY**

- Include your child in thinking about decisions, even if you have to make the final call.
- When you disagree, take time to understand your child's point of view.
- When you can, offer choices rather than mandating a single option.
- Talk to your child the way you want them to talk to you.
- Ask your child to help plan a family meal, outing, or special evening.

**EXPAND
POSSIBILITIES****CONNECT ME WITH PEOPLE &
PLACES THAT BROADEN MY WORLD**

- Find ways for your child to be exposed to people that are different from your family.
- Encourage your child to try something that interests them. Perhaps try it together!
- Encourage your child to pursue their passions, even if it's different from your own interests.

