



Tips on Helping Your Child Build Relationships

- Allow for Unstructured, Uninterrupted Time With Your **Child** Each Day.
- Let Your **Child** Know You're Interested in His Activities.
- Encourage **Children** to Express Their Feelings in Age-Appropriate Ways.
- Respect Your **Child's** Feelings.
- Play Games that Explore Feelings.



How do you teach children about healthy relationships?

How to Talk with Kids about Healthy Relationships

1. Define, model, and give examples of what a **healthy relationship** is. ...
2. Explain what an unhealthy **relationship** is. ...
3. Discuss digital abuse. ...
4. Help them define boundaries. ...
5. Look for signs of an unhealthy **relationship** and talk. ...
6. Ask for help when needed.



How do I build a good relationship with my child?

8 Ways to Strengthen a Parent-Child Relationship

1. Say “I love you” often. It is often implied that we love our **children**, but be sure to tell them every day, no matter what age they are. ...
2. Set boundaries, rules, and consequences. ...
3. Listen and empathize. ...
4. Play Together. ...
5. Be available and distraction-free. ...
6. Eat meals together. ...
7. Create parent-**child** rituals.



What makes a healthy family relationship?

In **healthy family relationships**, people trust and rely on each other for support, love, affection and warmth. Families often share common goals and work together to reach those goals (for example, children and young people may help their families get the dinner dishes done so that everyone can relax).

How do you show love to a child?

Here are 10 easy ways to show your love today:

1. Write your **child** a **love** letter. ...
2. Surprise them. ...
3. Read him one more story. ...
4. Frame a favorite picture. ...
5. Tell your **child** your favorite memory of him. ...
6. Multiply the **affection**. ...
7. Dance, sing, and laugh. ...
8. Lunch box **love**.

